

DATA TABLES:

Results from USDA's
1996 Continuing Survey of Food Intakes by Individuals
and
1996 Diet and Health Knowledge Survey

Table Set 6



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DATA TABLES:

Results from USDA's 1996 Continuing Survey of Food Intakes by Individuals and 1996 Diet and Health Knowledge Survey

Results from the third year of USDA's 10th nationwide food consumption survey are contained in this set of tables. In 1996, 5,188 people nationwide participated in the Continuing Survey of Food Intakes by Individuals (CSFII), popularly known as the *What We Eat in America Survey*. Participants recalled food intake information for 2 separate days. In addition, 1,920 of them age 20 years or older answered questions on their attitudes and knowledge about dietary guidance and health in the follow-up Diet and Health Knowledge Survey (DHKS).

The tables provide national probability estimates for the U.S. population. The results are weighted to adjust for differential rates of sample selection and nonresponse and to calibrate the sample to match population characteristics that are correlated with eating behavior. The design, methodology, and operation of the survey are detailed in a separate report [Tippett and Cypel (eds.) 1997].

Sample sizes on which estimates are based are provided in appendix A. In general, the sample sizes for each sex-age group provide a sufficient level of precision to ensure statistical reliability of the estimates. However, estimates for children less than 1 year of age should be used with caution. Statistical issues are discussed in appendix B. Notes to aid in interpretation of the tables are provided in appendixes C and D. References are in appendix E.

Tables that present data on mean intakes or mean percentages are based on respondents' intakes on the first surveyed day (day 1) so that readers can track trends over time from surveys with different numbers of days of dietary information. Tables that present percentages of individuals meeting recommendations are based on respondents' 2-day average intakes. For 1996, the overall day-1 response rate was 80.0 percent, the 2-day response rate was 75.9 percent, and the DHKS response rate was 73.8 percent.

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Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>				<i>Milligrams</i>	
Males and females:								
Under 1.....	1.1	851	21.2	36.9	15.5	11.8	7.8	43
1-2.....	3.0	1,300	49.1	48.0	19.8	17.5	7.2	189
3-5.....	4.7	1,600	55.6	57.7	22.0	21.9	9.5	184
5 and under.....	8.8	1,402	49.0	51.7	20.4	19.1	8.5	167
Males:								
6-11.....	4.6	1,960	68.1	72.1	26.4	27.8	12.5	207
12-19.....	5.9	2,807	99.6	106.1	38.0	41.8	18.3	325
20-29.....	7.2	2,781	100.3	102.3	34.6	39.7	19.9	348
30-39.....	8.1	2,596	100.4	99.5	34.2	38.3	19.3	331
40-49.....	7.0	2,508	94.8	94.5	31.2	37.0	18.9	322
50-59.....	4.7	2,292	91.0	87.3	29.1	33.6	17.6	336
60-69.....	3.4	2,018	80.3	74.1	24.4	27.8	16.0	289
70 and over.....	3.4	1,785	69.7	66.4	21.6	25.7	13.7	254
20 and over.....	33.9	2,435	92.8	91.5	30.7	35.4	18.2	322
Females:								
6-11.....	4.4	1,782	61.6	64.9	23.8	24.9	11.3	190
12-19.....	5.6	1,913	64.0	69.2	24.1	26.4	13.5	193
20-29.....	6.9	1,877	63.2	65.9	21.9	25.2	13.8	208
30-39.....	8.6	1,782	65.7	65.0	22.3	24.5	13.3	204
40-49.....	7.2	1,681	62.4	64.1	21.2	24.3	13.7	215
50-59.....	5.1	1,632	63.9	59.9	18.7	22.8	13.7	203
60-69.....	3.9	1,482	59.5	54.5	17.2	20.6	12.4	208
70 and over.....	5.1	1,390	56.8	50.1	15.8	19.3	10.8	189
20 and over.....	36.8	1,673	62.5	61.1	20.1	23.2	13.1	205
All individuals.....	100.0	2,005	74.0	74.3	25.4	28.5	14.6	247

Excludes breast-fed children.

Continued

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1996--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		----- Micrograms retinol equivalents -----		----- Milligrams alpha-tocopherol equivalents -----		----- Milligrams -----
Males and females:							
Under 1.....	109.5	3.6	807	246	11.3	113	.94
1-2.....	172.9	9.0	719	263	4.4	98	1.09
3-5.....	220.7	10.6	761	264	5.2	95	1.34
5 and under.....	190.2	9.2	753	262	5.7	98	1.20
Males:							
6-11.....	266.8	13.5	878	241	6.5	91	1.68
12-19.....	365.3	17.0	1,057	412	9.3	114	2.18
20-29.....	344.1	18.3	948	444	9.9	113	1.94
30-39.....	314.0	19.5	1,041	518	10.3	102	1.97
40-49.....	309.3	18.8	1,085	561	9.9	103	1.89
50-59.....	279.5	19.5	1,218	587	9.8	108	1.79
60-69.....	252.9	18.8	1,231	679	10.1	103	1.79
70 and over.....	227.7	17.8	1,163	595	8.3	105	1.61
20 and over.....	299.8	18.9	1,087	545	9.8	106	1.87
Females:							
6-11.....	244.7	12.5	856	327	6.4	86	1.46
12-19.....	263.2	13.5	793	337	7.7	93	1.51
20-29.....	257.0	14.7	954	549	7.3	107	1.39
30-39.....	232.6	14.7	889	520	7.3	96	1.43
40-49.....	210.5	13.9	896	528	7.5	84	1.33
50-59.....	210.6	14.6	831	449	7.2	91	1.33
60-69.....	188.8	13.5	826	490	7.0	90	1.28
70 and over.....	182.8	14.0	1,006	510	6.5	95	1.23
20 and over.....	218.2	14.3	904	513	7.2	94	1.35
All individuals.....	257.9	15.4	952	465	8.0	99	1.59

Excludes breast-fed children.

Continued

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1996--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Males and females:							
Under 1.....	1.34	10.5	.64	120	2.04	670	529
1-2.....	1.69	12.0	1.24	173	3.20	869	972
3-5.....	1.78	15.9	1.42	213	3.35	824	1,029
5 and under.....	1.69	13.9	1.26	188	3.13	819	945
Males:							
6-11.....	2.19	21.1	1.77	263	4.21	940	1,242
12-19.....	2.57	28.0	2.15	292	5.69	1,148	1,635
20-29.....	2.25	28.4	2.19	302	6.37	970	1,594
30-39.....	2.28	29.2	2.20	311	7.23	933	1,554
40-49.....	2.18	27.8	2.13	302	7.20	852	1,450
50-59.....	2.14	25.9	2.03	299	7.26	845	1,434
60-69.....	2.11	24.0	2.13	318	5.07	828	1,303
70 and over.....	1.87	21.3	1.86	281	4.47	714	1,157
20 and over.....	2.17	26.9	2.12	303	6.55	879	1,459
Females:							
6-11.....	1.88	18.1	1.55	232	3.88	836	1,106
12-19.....	1.73	19.9	1.59	247	3.57	739	1,081
20-29.....	1.60	18.5	1.49	241	3.91	678	1,067
30-39.....	1.63	19.4	1.55	235	3.64	679	1,074
40-49.....	1.56	18.7	1.50	223	4.34	623	998
50-59.....	1.53	18.6	1.46	221	3.83	617	1,019
60-69.....	1.48	17.4	1.43	207	3.36	600	954
70 and over.....	1.51	17.6	1.54	226	4.34	568	925
20 and over.....	1.56	18.5	1.50	228	3.92	635	1,017
All individuals.....	1.89	21.7	1.75	256	4.84	793	1,214

Excludes breast-fed children.

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1996--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Males and females:						
Under 1.....	103	16.0	6.6	.7	449	1,119
1-2.....	189	10.4	7.3	.7	1,888	1,977
3-5.....	200	12.6	8.7	.8	2,485	2,004
5 and under.....	183	12.3	8.0	.7	2,020	1,881
Males:						
6-11.....	237	16.5	11.0	1.0	3,191	2,350
12-19.....	302	19.8	14.9	1.4	4,643	3,004
20-29.....	322	19.0	14.0	1.5	4,487	3,091
30-39.....	338	19.4	14.8	1.5	4,241	3,234
40-49.....	325	19.6	13.5	1.5	4,071	3,238
50-59.....	326	17.2	13.5	1.5	3,853	3,236
60-69.....	307	18.0	12.3	1.3	3,469	3,056
70 and over.....	278	15.9	10.7	1.2	3,071	2,793
20 and over.....	321	18.6	13.5	1.5	4,009	3,143
Females:						
6-11.....	215	14.1	9.6	.9	2,795	2,156
12-19.....	225	13.9	9.8	1.1	3,010	2,212
20-29.....	231	13.8	9.2	1.1	3,068	2,299
30-39.....	240	13.5	9.9	1.1	2,977	2,392
40-49.....	230	13.2	9.2	1.0	2,729	2,291
50-59.....	244	12.2	8.5	1.1	2,690	2,445
60-69.....	225	11.7	8.3	1.0	2,480	2,310
70 and over.....	227	12.9	8.3	1.0	2,363	2,335
20 and over.....	234	13.1	9.0	1.0	2,768	2,346
All individuals.....	262	15.5	11.0	1.2	3,266	2,597

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 2.--Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<i>Percent</i>	<i>Percent of RDA</i>							
Males and females:									
Under 1.....	1.1	112	156	215	329	346	263	293	188
1-2.....	3.0	100	307	180	73	244	155	211	134
3-5.....	4.7	99	266	165	78	220	161	181	145
5 and under.....	8.8	101	266	176	109	244	173	206	147
Males:									
6-11.....	4.6	96	231	124	87	198	163	179	156
12-19.....	5.9	102	191	106	93	207	155	157	151
20-29.....	7.2	96	167	95	99	189	129	132	150
30-39.....	8.1	90	159	104	103	169	131	134	154
40-49.....	7.0	86	151	109	99	172	126	128	146
50-59.....	4.7	97	144	122	98	180	145	149	167
60-69.....	3.4	88	127	123	101	171	149	151	160
70 and over.....	3.4	78	111	116	83	175	134	134	142
20 and over.....	33.9	90	149	109	98	176	134	136	152
Females:									
6-11.....	4.4	90	215	132	90	190	147	158	139
12-19.....	5.6	87	142	99	96	167	137	133	133
20-29.....	6.9	84	129	118	89	173	124	121	122
30-39.....	8.6	80	130	109	89	158	128	124	128
40-49.....	7.2	76	124	111	93	139	120	119	124
50-59.....	5.1	84	128	104	90	151	132	127	141
60-69.....	3.9	78	119	103	87	150	128	123	134
70 and over.....	5.1	73	114	126	81	158	123	126	135
20 and over.....	36.8	80	125	112	89	155	125	123	130
All individuals.....	100.0	88	159	117	94	177	137	141	142

Excludes breast-fed children.

Continued

Table 2.--Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1996
--continued

Sex and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- <i>Percent of RDA</i> -----								
Males and females:								
Under 1.....	144	401	531	136	133	201	203	131
1-2.....	124	347	457	109	121	236	104	73
3-5.....	133	327	379	103	129	192	126	87
5 and under.....	131	343	425	109	127	208	128	88
Males:								
6-11.....	127	257	303	111	146	137	160	103
12-19.....	116	169	284	96	136	93	169	100
20-29.....	109	151	319	99	163	92	190	94
30-39.....	110	156	361	117	194	97	194	98
40-49.....	107	151	360	107	181	93	196	90
50-59.....	102	149	363	106	179	93	172	90
60-69.....	107	159	253	104	163	88	180	82
70 and over.....	93	140	224	89	145	80	159	72
20 and over.....	106	152	328	105	175	92	186	90
Females:								
6-11.....	116	235	287	100	132	129	134	93
12-19.....	108	146	179	62	90	78	92	82
20-29.....	91	127	193	71	111	81	89	75
30-39.....	96	127	181	83	132	85	89	81
40-49.....	94	123	217	77	124	82	88	76
50-59.....	91	123	191	77	127	87	117	71
60-69.....	89	115	168	75	119	80	117	69
70 and over.....	96	125	217	71	116	81	129	69
20 and over.....	93	124	195	76	122	83	101	75
All individuals.....	106	168	274	92	141	102	140	85

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 3.--Nutrient Intakes: Percentages of individuals with diets meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1996

Sex and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent	----- Percentage of individuals -----							
Males and females:									
Under 1.....	1.1	64.9	84.6	† 97.5	† 96.2	† 100.0	† 97.7	† 100.0	† 92.9
1-2.....	3.0	42.8	† 99.5	76.9	15.7	81.5	87.5	96.4	67.6
3-5.....	4.7	39.2	† 98.3	71.3	18.8	78.5	89.1	89.8	80.0
5 and under.....	8.9	43.7	97.0	76.6	27.6	82.2	89.7	93.3	77.4
Males:									
6-11.....	4.6	36.3	94.7	60.8	28.3	78.7	89.3	88.5	81.2
12-19.....	5.8	43.5	91.4	38.1	37.2	68.1	79.7	80.0	79.4
20-29.....	7.3	36.3	81.1	28.4	35.2	60.3	61.0	63.6	77.9
30-39.....	8.0	30.8	85.9	35.7	36.9	58.6	66.5	71.9	79.8
40-49.....	7.1	24.0	85.9	44.2	42.6	58.0	66.9	68.3	76.6
50-59.....	4.7	39.8	76.4	38.1	36.8	60.3	76.4	74.0	83.7
60-69.....	3.4	28.0	74.8	47.1	29.0	65.8	75.3	79.8	87.5
70 and over.....	3.3	13.1	56.3	47.7	20.0	64.2	73.1	73.0	77.7
20 and over.....	33.8	29.8	79.5	38.6	35.3	60.4	68.3	70.5	79.8
Females:									
6-11.....	4.4	26.9	94.4	51.7	23.5	75.2	78.9	83.2	76.2
12-19.....	5.6	23.2	73.5	33.5	21.1	53.8	65.9	63.1	60.1
20-29.....	7.0	20.8	69.8	32.5	25.9	56.3	62.8	62.0	64.2
30-39.....	8.4	19.4	71.4	41.5	29.8	51.7	65.8	61.2	67.4
40-49.....	7.2	14.5	66.0	40.4	25.5	52.7	55.6	54.7	61.2
50-59.....	5.1	22.7	66.5	40.1	27.5	57.4	61.5	60.4	72.2
60-69.....	4.0	16.0	67.4	46.0	23.9	54.0	63.6	62.4	73.8
70 and over.....	4.9	11.4	60.6	44.5	18.2	65.9	69.3	69.3	71.9
20 and over.....	36.8	17.7	67.4	40.3	25.7	55.7	62.9	61.2	67.6
All individuals.....	100.0	27.2	78.3	43.9	29.5	62.2	70.2	70.6	73.9

† See "Statistical notes," appendix B.
Excludes breast-fed children.

Continued

Table 3.--Nutrient Intakes: Percentages of individuals with diets meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1996--continued

Sex and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- <i>Percentage of individuals</i> -----								
Males and females:								
Under 1.....	81.3	† 99.6	† 100.0	74.2	78.7	† 96.7	† 92.6	77.1
1-2.....	64.4	† 98.9	† 98.6	52.8	66.9	† 98.7	39.7	11.5
3-5.....	74.4	† 97.2	† 97.5	43.5	70.3	93.4	65.0	25.3
5 and under.....	71.8	98.1	98.2	50.6	70.2	95.6	59.8	27.2
Males:								
6-11.....	67.2	91.9	† 98.5	54.1	79.6	69.4	80.7	43.6
12-19.....	57.1	74.5	94.3	38.0	72.6	34.4	84.5	40.1
20-29.....	49.0	65.6	85.6	37.2	78.0	31.7	85.3	33.5
30-39.....	49.2	71.4	90.9	53.1	92.5	37.7	89.3	39.1
40-49.....	48.2	66.3	90.1	52.9	92.2	36.0	91.9	31.5
50-59.....	44.0	68.7	90.1	39.3	86.6	33.0	80.8	30.5
60-69.....	45.0	69.8	85.9	44.7	87.1	29.4	87.5	24.7
70 and over.....	36.7	64.7	77.2	36.1	80.6	19.5	78.2	11.5
20 and over.....	46.5	67.9	87.6	45.2	86.7	32.8	86.5	30.9
Females:								
6-11.....	55.9	88.2	† 95.9	45.4	73.1	65.5	62.8	33.2
12-19.....	44.5	63.0	74.4	13.0	34.3	16.8	26.7	26.1
20-29.....	34.5	53.1	70.2	18.4	56.5	25.6	26.4	19.8
30-39.....	43.2	54.4	71.0	26.9	73.7	28.3	31.7	21.3
40-49.....	30.4	49.3	67.2	21.3	66.4	22.0	19.5	17.0
50-59.....	36.0	51.1	65.8	23.7	68.8	30.2	52.2	13.5
60-69.....	32.2	55.3	68.7	19.3	63.1	22.7	58.9	14.2
70 and over.....	41.3	56.7	74.6	19.0	63.5	22.4	65.4	11.4
20 and over.....	36.6	53.1	69.6	21.8	65.8	25.4	38.6	17.0
All individuals.....	47.0	67.2	82.4	35.3	72.8	38.0	61.7	26.4

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 4.--Nutrient Intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	<i>Percent</i>	<i>Percent of kilocalories</i>						
Males and females:								
Under 1.....	1.1	9.8	39.7	16.7	12.7	8.4	51.0	† *
1-2.....	3.0	15.2	32.5	13.5	11.8	4.8	53.8	*
3-5.....	4.7	14.0	32.0	12.2	12.2	5.2	55.6	*
5 and under.....	8.8	13.8	33.2	13.2	12.1	5.5	54.4	*
Males:								
6-11.....	4.6	13.9	32.6	12.0	12.6	5.6	55.0	† *
12-19.....	5.9	14.5	33.6	12.0	13.2	5.8	52.4	† .5
20-29.....	7.2	14.9	33.0	11.2	12.8	6.4	49.7	3.4
30-39.....	8.1	16.1	34.0	11.6	13.1	6.6	48.6	2.3
40-49.....	7.0	15.8	32.8	10.7	12.8	6.7	49.7	2.9
50-59.....	4.7	16.3	33.8	11.2	13.0	6.9	48.9	2.4
60-69.....	3.4	16.4	32.5	10.7	12.2	6.9	50.6	2.1
70 and over.....	3.4	15.9	32.9	10.9	12.8	6.6	51.3	1.7
20 and over.....	33.9	15.8	33.2	11.1	12.8	6.6	49.6	2.6
Females:								
6-11.....	4.4	13.9	32.5	12.0	12.5	5.6	55.2	*
12-19.....	5.6	13.7	31.9	11.1	12.3	6.1	55.5	† .3
20-29.....	6.9	14.0	31.2	10.4	11.9	6.5	55.1	† 1.2
30-39.....	8.6	15.1	32.0	11.0	12.0	6.6	53.0	1.4
40-49.....	7.2	15.3	33.7	11.2	12.6	7.2	50.4	2.0
50-59.....	5.1	15.9	31.7	9.9	12.0	7.3	53.1	1.1
60-69.....	3.9	16.5	32.1	10.2	12.1	7.2	51.9	1.3
70 and over.....	5.1	16.7	32.2	10.2	12.5	6.9	52.4	† .5
20 and over.....	36.8	15.4	32.2	10.6	12.2	6.9	52.7	1.3
All individuals.....	100.0	15.1	32.7	11.2	12.5	6.5	52.1	1.4

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 5.--Nutrient Intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by sex and age, 2-day average, 1996

Sex and age (years)	Percentage of population	Total fat	Saturated fatty acids	Cholesterol
		Individuals at or below 30 percent of calories from total fat	Individuals below 10 percent of calories from saturated fatty acids	Individuals at or below 300 milligrams of cholesterol
	<i>Percent</i>	<i>Percent of individuals</i>	<i>Percent of individuals</i>	<i>Percent of individuals</i>
Males and females:				
Under 1.....	1.1	† 9.8	† 3.6	† 97.9
1-2.....	3.0	37.7	18.8	84.8
3-5.....	4.7	35.6	22.9	88.2
5 and under.....	8.9	33.0	19.0	88.3
Males:				
6-11.....	4.6	31.7	28.5	86.1
12-19.....	5.8	28.3	22.9	55.6
20-29.....	7.3	31.0	34.6	53.5
30-39.....	8.0	28.9	30.4	53.3
40-49.....	7.1	25.6	29.8	48.5
50-59.....	4.7	26.0	32.6	59.1
60-69.....	3.4	38.8	43.9	57.5
70 and over.....	3.3	32.1	45.6	68.4
20 and over.....	33.8	29.6	34.3	55.0
Females:				
6-11.....	4.4	35.4	23.0	88.7
12-19.....	5.6	39.9	34.6	87.7
20-29.....	7.0	43.9	45.2	77.7
30-39.....	8.4	39.3	40.6	82.2
40-49.....	7.2	28.2	39.1	80.0
50-59.....	5.1	42.1	52.3	82.8
60-69.....	4.0	38.7	49.5	78.2
70 and over.....	4.9	43.4	51.8	87.6
20 and over.....	36.8	38.9	45.3	81.3
All individuals.....	100.0	34.2	35.6	72.4

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1996--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	14.5	20.5	11.9	† 11.7	13.1	12.8	22.8
1-2.....	24.3	22.7	36.6	15.9	21.3	28.0	32.4
3-5.....	23.6	20.2	39.6	14.5	18.0	29.4	33.9
5 and under.....	22.7	21.1	35.0	14.7	18.5	26.7	31.9
Males:							
6-11.....	21.7	17.3	37.7	13.4	15.3	27.5	30.5
12-19.....	17.3	15.4	30.7	13.9	16.2	23.2	23.7
20-29.....	16.6	14.3	27.1	13.8	14.4	22.1	21.9
30-39.....	18.2	14.5	23.0	9.1	15.6	18.8	21.3
40-49.....	20.2	17.2	25.5	12.2	17.6	19.6	23.0
50-59.....	20.8	16.3	26.2	10.1	19.2	21.8	23.4
60-69.....	24.2	20.5	29.0	12.1	20.9	28.5	28.1
70 and over.....	26.9	23.1	32.1	13.8	22.7	31.8	32.2
20 and over.....	20.1	16.7	26.4	11.7	17.5	22.4	23.9
Females:							
6-11.....	22.3	19.1	37.3	13.1	17.0	25.1	30.6
12-19.....	18.7	15.4	27.6	11.7	15.3	22.4	26.3
20-29.....	19.2	16.8	25.9	11.8	15.7	22.2	23.4
30-39.....	19.5	16.3	23.0	9.8	14.2	17.2	22.0
40-49.....	20.9	17.2	24.4	11.6	16.1	18.6	23.2
50-59.....	22.3	19.1	23.1	10.6	16.6	19.9	24.6
60-69.....	24.2	21.0	26.5	13.8	19.6	25.1	25.9
70 and over.....	29.1	26.0	31.4	15.3	21.3	31.7	33.3
20 and over.....	21.9	18.8	25.4	11.8	16.8	21.6	24.8
All individuals.....	20.9	17.8	28.1	12.3	17.0	22.9	25.7

† See "Statistical notes," appendix B.
Excludes breast-fed children.

Continued

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1996
--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	21.2	20.4	17.0	14.3	13.8	16.3	16.3
1-2.....	34.4	27.9	33.9	38.6	29.9	29.1	27.3
3-5.....	36.2	28.5	34.8	39.9	31.0	31.7	27.4
5 and under.....	33.6	27.2	32.2	36.2	28.4	28.9	25.9
Males:							
6-11.....	33.3	25.6	31.5	36.7	27.8	28.6	25.0
12-19.....	26.9	19.8	24.8	29.5	22.1	22.1	20.0
20-29.....	23.8	16.7	19.9	24.4	18.4	22.7	18.3
30-39.....	22.9	16.6	18.0	22.5	18.3	20.7	17.0
40-49.....	24.5	19.3	20.8	24.8	20.9	23.3	19.1
50-59.....	25.4	19.4	19.5	23.8	18.7	22.5	19.4
60-69.....	30.5	24.2	27.5	31.2	25.7	26.7	23.2
70 and over.....	33.3	27.9	30.9	34.4	26.4	30.2	25.8
20 and over.....	25.6	19.5	21.4	25.6	20.5	23.5	19.6
Females:							
6-11.....	33.2	26.1	33.0	37.7	27.0	29.5	24.4
12-19.....	28.1	21.3	24.5	28.7	21.8	24.6	21.1
20-29.....	25.7	18.8	21.9	26.2	23.2	24.2	20.7
30-39.....	24.2	19.0	19.8	23.6	21.0	22.4	19.2
40-49.....	25.5	20.6	21.7	23.8	22.6	23.7	20.4
50-59.....	25.2	20.0	20.4	22.6	21.1	26.2	22.2
60-69.....	28.4	22.1	22.5	27.6	22.4	25.8	22.3
70 and over.....	32.6	27.5	30.6	34.6	27.6	30.5	26.3
20 and over.....	26.5	20.9	22.4	25.9	22.8	25.0	21.4
All individuals.....	27.5	21.4	24.1	28.1	22.8	25.0	21.4

Excludes breast-fed children.

Continued

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1996--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- <i>Percent</i> -----						
Males and females:						
Under 1.....	16.4	23.8	14.1	14.3	14.2	13.9
1-2.....	26.4	37.5	28.4	20.7	21.9	24.3
3-5.....	25.7	35.7	29.4	18.6	20.5	24.3
5 and under.....	24.7	34.8	27.1	18.8	20.2	22.9
Males:						
6-11.....	22.5	32.7	24.3	16.3	18.5	21.0
12-19.....	18.8	24.7	19.7	13.9	15.3	18.2
20-29.....	18.5	20.8	15.9	14.3	14.3	18.6
30-39.....	17.5	21.1	15.3	13.9	14.4	16.9
40-49.....	21.2	24.2	16.9	16.1	15.5	20.3
50-59.....	21.3	23.3	17.9	17.1	16.4	20.3
60-69.....	25.6	31.4	22.1	19.1	17.3	24.0
70 and over.....	28.8	34.7	24.3	22.1	20.0	26.4
20 and over.....	21.0	24.4	17.7	16.2	15.7	20.1
Females:						
6-11.....	23.8	32.7	25.5	16.9	18.7	21.4
12-19.....	20.2	25.3	21.9	16.0	17.1	18.0
20-29.....	20.8	23.1	19.2	15.9	14.5	19.9
30-39.....	20.4	22.5	18.2	15.7	14.7	18.8
40-49.....	23.3	23.6	19.0	17.4	15.5	22.5
50-59.....	24.8	24.5	20.1	19.2	16.9	22.5
60-69.....	25.7	27.2	20.9	19.4	17.5	24.1
70 and over.....	30.3	36.4	25.6	24.7	21.4	26.7
20 and over.....	23.6	25.5	20.1	18.2	16.4	21.9
All individuals.....	22.3	26.5	20.4	17.1	16.7	20.9

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Individuals eating snacks	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>								
Males and females:									
Under 1.....	1.1	52.6	14.1	13.3	15.1	15.3	15.1	14.3	16.2
1-2.....	3.0	87.3	23.0	17.5	21.8	22.9	21.3	19.2	15.9
3-5.....	4.7	88.4	22.2	14.1	21.3	22.2	21.1	20.0	14.5
5 and under.....	8.8	83.4	21.4	15.2	20.7	21.6	20.4	19.0	15.2
Males:									
6-11.....	4.6	85.9	21.2	12.6	19.4	19.7	19.1	19.5	12.8
12-19.....	5.9	75.3	18.1	11.5	15.5	15.6	15.6	15.8	10.4
20-29.....	7.2	69.6	17.5	10.8	14.3	14.8	14.0	14.3	9.2
30-39.....	8.1	73.2	16.0	8.5	12.7	13.2	12.5	12.5	7.5
40-49.....	7.0	68.8	14.0	7.9	10.9	12.0	10.8	10.2	7.5
50-59.....	4.7	75.0	15.6	9.1	12.3	12.8	12.2	12.1	9.4
60-69.....	3.4	72.1	14.8	8.5	12.5	13.5	12.3	11.7	8.1
70 and over.....	3.4	64.6	12.8	7.2	11.9	11.9	11.9	11.8	6.6
20 and over.....	33.9	70.8	15.4	8.8	12.5	13.1	12.4	12.2	8.1
Females:									
6-11.....	4.4	78.8	19.3	11.0	18.1	18.4	17.9	17.8	11.5
12-19.....	5.6	73.9	19.5	11.9	17.4	17.7	17.1	17.3	12.2
20-29.....	6.9	71.5	17.5	10.7	14.3	15.3	14.1	13.2	9.5
30-39.....	8.6	76.8	17.7	11.0	15.1	16.0	14.9	14.3	9.2
40-49.....	7.2	78.4	17.3	9.9	15.6	16.2	15.6	14.7	9.2
50-59.....	5.1	76.6	15.1	9.9	12.4	13.4	12.2	11.8	8.0
60-69.....	3.9	77.8	15.6	8.9	12.9	13.8	12.5	12.5	7.9
70 and over.....	5.1	66.1	12.8	6.5	11.0	11.8	10.9	9.9	5.0
20 and over.....	36.8	74.7	16.3	9.7	13.9	14.7	13.7	13.0	8.4
All individuals.....	100.0	74.9	17.1	10.3	14.7	15.4	14.6	14.2	9.5

Excludes breast-fed children.

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1996--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	13.6	8.8	11.3	8.7	14.0	13.2	12.6
1-2.....	25.4	19.9	17.1	15.7	21.1	23.9	18.6
3-5.....	25.0	19.9	14.7	16.7	19.5	19.3	14.9
5 and under.....	23.6	18.7	15.1	15.5	19.3	20.1	15.8
Males:							
6-11.....	24.7	19.0	15.9	14.5	19.6	18.6	15.3
12-19.....	21.3	15.9	12.2	14.0	16.8	14.4	13.2
20-29.....	19.4	15.1	11.4	10.9	14.2	15.6	11.9
30-39.....	19.3	13.3	11.8	9.7	12.8	13.8	11.1
40-49.....	16.2	11.0	9.6	9.4	10.1	9.8	9.1
50-59.....	18.5	13.5	10.1	9.0	12.3	13.4	10.6
60-69.....	17.3	12.1	8.6	6.4	11.1	9.3	9.9
70 and over.....	14.0	10.3	9.0	9.2	12.1	9.9	8.4
20 and over.....	17.8	12.8	10.4	9.4	12.2	12.5	10.4
Females:							
6-11.....	22.1	15.7	12.5	12.4	17.9	14.7	13.1
12-19.....	22.5	17.7	14.8	14.3	16.8	16.5	13.8
20-29.....	20.1	14.0	11.8	10.3	13.7	16.7	12.3
30-39.....	20.1	15.4	12.4	11.4	14.4	16.0	13.4
40-49.....	20.1	15.0	12.0	12.0	15.5	16.0	11.8
50-59.....	17.7	13.7	11.2	11.0	12.4	14.3	11.4
60-69.....	19.0	13.6	12.7	11.4	12.9	14.8	11.3
70 and over.....	15.7	10.4	8.7	7.8	10.7	11.8	8.8
20 and over.....	19.1	13.9	11.6	10.8	13.5	15.2	11.8
All individuals.....	19.8	14.6	11.9	11.4	14.5	14.9	12.1

Excludes breast-fed children.

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1996--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	13.3	11.8	12.8	13.6	14.6	14.5	13.9
1-2.....	21.3	14.3	18.6	17.6	18.8	23.9	21.0
3-5.....	17.5	12.1	15.2	14.9	14.4	18.9	17.4
5 and under.....	18.2	12.8	16.0	15.7	15.9	20.0	18.1
Males:							
6-11.....	17.3	13.2	14.9	16.2	11.9	17.5	15.8
12-19.....	13.8	11.1	11.8	13.6	10.8	15.2	13.9
20-29.....	14.7	11.8	13.7	14.5	11.3	16.6	14.8
30-39.....	13.9	10.5	11.3	14.2	8.8	14.2	12.5
40-49.....	11.8	8.4	9.5	10.4	6.9	13.3	11.3
50-59.....	13.0	9.9	12.9	11.9	10.2	13.1	11.7
60-69.....	12.4	8.9	9.7	9.9	8.6	13.9	11.6
70 and over.....	10.5	7.7	7.0	8.4	6.8	12.4	10.0
20 and over.....	13.0	9.8	11.1	12.1	8.9	14.2	12.3
Females:							
6-11.....	14.2	11.0	11.3	12.8	10.2	14.7	13.8
12-19.....	15.3	11.5	14.9	14.0	12.3	15.5	14.9
20-29.....	15.9	12.0	13.6	13.5	11.5	15.9	14.1
30-39.....	15.8	12.3	13.7	15.8	10.6	15.4	14.5
40-49.....	14.8	10.3	11.5	13.7	9.3	15.8	13.6
50-59.....	14.0	9.7	10.8	12.3	10.1	15.5	12.5
60-69.....	14.1	9.6	12.5	12.6	9.3	15.6	12.7
70 and over.....	10.7	6.7	8.7	8.0	7.0	12.8	9.3
20 and over.....	14.5	10.4	12.0	13.1	9.8	15.3	13.1
All individuals.....	14.4	10.7	12.3	13.2	10.4	15.4	13.6

Excludes breast-fed children.

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks, by sex and age, 1 day, 1996--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- <i>Percent</i> -----						
Males and females:						
Under 1.....	12.6	11.7	13.8	12.8	14.8	13.4
1-2.....	21.7	15.7	17.2	20.5	16.1	22.8
3-5.....	19.5	14.0	14.4	20.3	14.6	18.9
5 and under.....	19.3	14.3	15.3	19.4	15.1	19.5
Males:						
6-11.....	19.3	15.2	14.5	19.8	14.1	17.2
12-19.....	16.3	12.8	11.9	17.2	12.5	14.4
20-29.....	16.9	12.0	12.0	16.8	11.8	14.5
30-39.....	16.2	10.9	10.2	15.5	9.2	13.4
40-49.....	13.4	8.5	8.2	12.6	8.2	11.8
50-59.....	14.2	10.0	9.4	14.0	9.9	13.2
60-69.....	12.8	8.8	9.2	12.3	8.3	11.5
70 and over.....	11.2	8.6	7.6	10.7	7.5	10.4
20 and over.....	14.6	10.1	9.7	14.2	9.4	12.8
Females:						
6-11.....	15.9	12.7	11.2	16.9	13.1	14.6
12-19.....	17.3	14.4	12.7	18.4	13.0	16.2
20-29.....	16.4	12.3	12.2	16.0	10.8	15.8
30-39.....	17.1	13.4	12.5	17.1	11.1	15.5
40-49.....	16.0	12.0	11.3	16.0	11.2	15.1
50-59.....	14.2	10.9	11.2	13.9	10.0	13.6
60-69.....	14.9	11.4	10.1	15.1	9.8	14.3
70 and over.....	10.9	7.7	7.2	11.0	7.1	11.0
20 and over.....	15.3	11.6	11.0	15.2	10.2	14.5
All individuals.....	15.8	11.8	11.3	15.8	11.0	14.6

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 8.--Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Individuals eating away	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>								
Males and females:									
Under 1.....	1.1	19.1	† 5.2	† 5.1	† 5.2	† 4.9	† 5.4	† 5.5	† 3.0
1-2.....	3.0	35.1	12.7	12.8	13.7	13.0	14.4	14.7	11.9
3-5.....	4.7	57.0	24.0	24.2	25.7	25.3	26.2	25.5	25.3
5 and under.....	8.8	44.7	17.8	17.9	19.0	18.5	19.5	19.3	18.1
Males:									
6-11.....	4.6	67.8	27.0	27.1	29.3	29.6	29.6	28.8	27.7
12-19.....	5.9	73.8	32.6	30.8	34.5	35.1	35.2	32.6	31.5
20-29.....	7.2	69.5	36.6	35.9	37.5	37.1	37.9	37.4	36.3
30-39.....	8.1	67.9	30.1	28.8	30.8	30.9	31.2	30.5	30.4
40-49.....	7.0	65.8	31.7	31.2	33.9	34.3	34.5	32.7	33.6
50-59.....	4.7	58.5	26.6	26.5	28.4	28.2	28.2	29.0	28.1
60-69.....	3.4	45.7	18.0	18.4	19.9	19.4	20.5	20.2	22.2
70 and over.....	3.4	36.3	16.1	16.9	17.5	16.9	18.0	17.8	19.2
20 and over.....	33.9	61.1	28.7	28.3	30.1	30.0	30.5	29.9	30.0
Females:									
6-11.....	4.4	66.7	31.1	31.9	32.4	33.7	32.9	29.8	31.8
12-19.....	5.6	66.1	35.6	34.7	38.4	38.1	39.3	38.4	35.7
20-29.....	6.9	62.5	34.1	34.7	37.2	37.2	37.4	37.1	37.1
30-39.....	8.6	56.9	25.0	24.7	26.7	26.5	27.1	26.9	26.8
40-49.....	7.2	53.8	26.8	26.9	27.7	27.8	28.0	27.2	28.5
50-59.....	5.1	49.5	23.8	24.7	25.4	25.2	25.4	25.7	26.1
60-69.....	3.9	43.6	19.2	19.6	21.8	21.1	22.3	22.5	22.0
70 and over.....	5.1	24.1	10.6	11.3	12.6	12.1	12.9	12.9	13.5
20 and over.....	36.8	50.4	24.3	24.6	26.2	26.0	26.5	26.3	26.6
All individuals.....	100.0	57.3	26.8	26.6	28.5	28.4	28.9	28.2	28.1

† See "Statistical notes," appendix B.
Excludes breast-fed children.

Continued

Table 8.--Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1996--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- Percent -----							
Males and females:							
Under 1.....	† 5.2	† 8.3	† 4.3	† 6.9	† 4.4	† 4.6	† 4.7
1-2.....	12.2	13.4	10.9	13.7	13.4	9.8	12.1
3-5.....	22.9	22.8	18.9	23.5	23.5	18.9	20.9
5 and under.....	17.0	18.0	14.3	18.3	17.6	14.0	15.8
Males:							
6-11.....	25.9	27.4	22.3	26.7	27.3	23.5	22.9
12-19.....	32.3	31.9	26.1	30.9	31.1	29.6	28.9
20-29.....	35.4	35.1	29.5	34.3	35.0	31.2	32.7
30-39.....	29.8	28.5	25.4	28.3	29.7	24.6	27.1
40-49.....	31.1	29.4	29.2	32.4	31.1	28.0	28.7
50-59.....	26.3	25.3	24.7	26.8	27.0	22.8	25.4
60-69.....	16.4	14.7	15.7	17.4	18.5	14.1	15.9
70 and over.....	14.5	14.3	14.3	17.1	16.7	12.9	14.2
20 and over.....	27.9	26.8	24.9	28.0	28.3	24.2	26.0
Females:							
6-11.....	30.3	31.9	28.3	33.1	30.5	29.5	28.9
12-19.....	34.4	34.3	29.9	35.5	36.2	30.7	31.1
20-29.....	31.4	32.0	29.4	33.4	34.4	29.8	31.8
30-39.....	24.0	23.5	20.3	22.5	25.8	21.7	22.8
40-49.....	25.6	25.2	23.9	25.3	26.4	23.8	24.9
50-59.....	22.6	23.6	23.0	24.9	24.8	22.1	22.8
60-69.....	16.9	15.7	16.8	18.6	20.4	15.0	16.9
70 and over.....	8.8	9.2	9.7	9.2	10.7	7.3	9.7
20 and over.....	22.6	22.6	21.3	23.2	24.7	21.0	22.5
All individuals.....	25.6	25.5	23.0	26.1	26.7	23.0	24.2

† See "Statistical notes," appendix B.
Excludes breast-fed children.

Continued

Table 8.--Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1996--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	† 4.4	† 4.7	† 5.1	† 5.2	† 4.1	† 4.5	† 4.9
1-2.....	10.7	13.5	11.5	11.3	11.5	11.4	12.3
3-5.....	20.4	22.3	19.9	19.5	22.5	21.3	23.0
5 and under.....	15.1	17.0	15.2	14.9	16.4	15.8	17.0
Males:							
6-11.....	23.9	24.6	23.0	22.1	26.1	26.7	26.1
12-19.....	29.2	29.0	28.1	27.9	31.9	32.0	31.3
20-29.....	32.2	35.8	34.2	32.7	34.8	32.7	35.2
30-39.....	27.0	28.4	26.6	26.9	30.2	28.0	29.2
40-49.....	28.5	29.7	28.4	28.2	31.9	29.6	30.2
50-59.....	24.6	26.3	24.5	25.4	25.6	25.6	26.2
60-69.....	16.2	17.8	15.8	14.8	19.3	15.8	17.0
70 and over.....	13.7	15.9	14.3	12.9	17.2	13.0	14.7
20 and over.....	25.6	27.6	26.0	25.6	28.5	26.3	27.6
Females:							
6-11.....	30.7	28.8	27.4	26.1	32.7	33.7	32.3
12-19.....	30.6	32.6	30.4	31.2	33.7	33.1	33.9
20-29.....	30.8	33.2	31.3	29.7	33.7	31.1	32.9
30-39.....	21.8	24.3	22.6	21.7	22.5	21.9	23.4
40-49.....	24.8	25.9	24.6	25.5	26.7	25.2	26.2
50-59.....	22.5	23.7	22.5	22.0	23.7	23.0	23.6
60-69.....	16.5	18.9	16.6	15.9	18.5	16.4	17.7
70 and over.....	8.9	9.7	10.0	8.3	10.1	8.6	10.1
20 and over.....	21.8	23.6	22.2	21.5	23.5	22.0	23.3
All individuals.....	23.9	25.5	23.9	23.5	26.1	24.8	25.8

† See "Statistical notes," appendix B.
Excludes breast-fed children.

Continued

Table 8.--Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1996--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Percent -----						
Males and females:						
Under 1.....	† 5.4	† 4.1	† 4.5	† 4.8	† 5.7	† 4.9
1-2.....	11.8	11.8	12.3	13.0	13.5	12.4
3-5.....	21.7	21.2	22.2	23.2	24.8	22.6
5 and under.....	16.2	15.8	16.6	17.4	18.5	16.8
Males:						
6-11.....	25.9	22.8	24.9	26.4	27.2	27.1
12-19.....	30.0	29.4	30.9	32.6	33.0	32.3
20-29.....	34.6	32.8	35.4	35.7	35.5	34.8
30-39.....	28.5	28.0	29.0	29.3	30.1	29.0
40-49.....	29.7	29.3	31.0	30.7	32.2	31.0
50-59.....	25.7	25.3	25.6	25.8	27.4	25.8
60-69.....	16.3	15.6	17.3	16.8	18.5	16.6
70 and over.....	13.9	14.2	16.7	15.9	17.7	15.2
20 and over.....	27.0	26.3	27.9	27.9	28.9	27.6
Females:						
6-11.....	30.8	27.7	30.2	30.9	31.5	32.2
12-19.....	32.8	30.9	32.2	34.6	35.7	34.9
20-29.....	31.3	31.9	33.4	32.6	35.7	32.0
30-39.....	23.1	23.0	23.0	24.7	25.1	24.2
40-49.....	24.4	25.0	25.9	25.0	27.0	25.5
50-59.....	22.6	23.2	23.9	23.3	24.9	22.6
60-69.....	16.4	17.2	18.0	17.1	19.7	17.0
70 and over.....	9.3	8.5	9.7	9.6	10.8	9.7
20 and over.....	22.2	22.5	23.3	23.2	24.9	22.9
All individuals.....	24.9	24.3	25.6	25.9	27.2	25.8

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 9.1.--Grain products: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta			Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain	
				Total	Ready-to-eat cereals	Rice					Pasta
		<i>Percent</i>	----- <i>Grams</i> -----								
Males and females:											
Under 1.....	1.1	47	† 2	28	† *	† 1	† 2	† 1	2	† 1	† 12
1-2.....	3.0	199	21	65	12	14	14	12	19	7	74
3-5.....	4.7	262	33	71	21	13	16	15	24	14	105
5 and under.....	8.8	213	25	64	15	12	14	12	20	10	83
Males:											
6-11.....	4.6	293	41	76	31	12	† 20	24	36	14	102
12-19.....	5.9	437	56	89	27	24	26	25	48	21	198
20-29.....	7.2	420	54	93	12	35	32	33	34	20	185
30-39.....	8.1	362	64	80	17	27	† 27	25	42	15	137
40-49.....	7.0	373	68	100	15	25	38	24	59	12	112
50-59.....	4.7	329	62	69	13	21	20	32	45	15	107
60-69.....	3.4	314	61	97	18	24	† 21	24	40	10	83
70 and over.....	3.4	264	59	83	20	† 8	† 8	14	47	8	53
20 and over.....	33.9	358	62	87	16	25	27	26	44	14	124
Females:											
6-11.....	4.4	274	39	72	21	11	18	20	34	13	96
12-19.....	5.6	305	43	85	19	18	† 33	12	35	12	117
20-29.....	6.9	291	44	59	15	22	14	17	39	11	121
30-39.....	8.6	273	47	66	13	14	24	18	30	13	98
40-49.....	7.2	267	49	72	14	26	17	12	39	12	82
50-59.....	5.1	250	47	71	10	16	14	20	35	8	69
60-69.....	3.9	227	49	58	12	† 18	† 14	15	40	7	59
70 and over.....	5.1	208	46	67	15	† 7	† 9	17	35	5	38
20 and over.....	36.8	258	47	66	13	17	16	17	36	10	83
All individuals.....	100.0	303	50	76	17	19	21	20	38	12	107

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 9.2.--Vegetables: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce-based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
		<i>Percent</i>	----- <i>Grams</i> -----								
Males and females:											
Under 1.....	1.1	63	6	† 2	† 4	19	† *	0	† 11	† 6	† 18
1-2.....	3.0	81	30	12	5	7	9	1	6	9	14
3-5.....	4.7	88	35	20	† 5	5	12	3	5	10	13
5 and under.....	8.8	82	30	15	5	7	10	2	6	9	14
Males:											
6-11.....	4.6	116	57	29	† 6	2	14	7	† 4	11	15
12-19.....	5.9	171	88	43	† 3	† 6	30	13	† 3	† 6	20
20-29.....	7.2	215	88	46	10	† 8	45	15	† 4	† 10	34
30-39.....	8.1	238	86	40	14	8	33	15	8	16	58
40-49.....	7.0	257	82	33	† 14	12	39	17	8	25	61
50-59.....	4.7	263	76	23	17	12	52	16	9	22	58
60-69.....	3.4	269	63	17	23	13	50	17	8	15	79
70 and over.....	3.4	254	80	16	† 16	15	29	16	† 17	† 22	59
20 and over.....	33.9	245	81	33	15	11	41	16	8	18	56
Females:											
6-11.....	4.4	128	48	29	† 4	6	15	10	† 5	12	28
12-19.....	5.6	163	62	38	† 16	5	24	15	† 4	5	32
20-29.....	6.9	184	52	23	† 11	† 13	29	15	† 7	† 5	52
30-39.....	8.6	205	62	20	20	9	28	18	7	13	48
40-49.....	7.2	203	49	16	16	16	27	23	6	12	54
50-59.....	5.1	195	44	14	14	8	33	19	† 7	11	60
60-69.....	3.9	199	47	10	15	9	36	15	9	9	59
70 and over.....	5.1	217	47	11	14	8	39	12	7	17	72
20 and over.....	36.8	200	51	17	15	11	31	18	7	11	56
All individuals.....	100.0	194	62	26	13	9	31	14	7	13	46

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 9.3.--Fruits: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
		<i>Percent</i>	<i>Grams</i>								
Males and females:											
Under 1.....	1.1	140	† 1	† 1	0	139	16	† 8	† 1	53	61
1-2.....	3.0	263	59	51	† 2	202	27	20	7	25	124
3-5.....	4.7	206	61	53	† 1	142	21	14	† 12	18	77
5 and under.....	8.8	217	53	46	1	162	22	15	† 9	25	91
Males:											
6-11.....	4.6	143	51	45	† *	91	30	† 10	† 9	14	28
12-19.....	5.9	147	77	71	† *	70	10	7	† 10	12	† 30
20-29.....	7.2	151	93	91	† 1	57	11	10	† 8	† 16	12
30-39.....	8.1	126	69	61	† 1	56	† 10	12	† 11	† 10	† 14
40-49.....	7.0	163	76	65	† *	87	16	20	16	14	21
50-59.....	4.7	188	72	58	† 1	115	24	29	† 22	22	† 19
60-69.....	3.4	189	70	57	† 3	115	24	28	25	23	† 15
70 and over.....	3.4	231	83	69	† 4	141	29	32	18	33	† 29
20 and over.....	33.9	165	77	68	1	85	17	19	15	17	17
Females:											
6-11.....	4.4	153	53	43	† *	97	18	7	† 6	23	42
12-19.....	5.6	158	74	69	† *	84	20	† 7	† 14	10	33
20-29.....	6.9	154	84	77	† 1	69	15	14	† 6	12	22
30-39.....	8.6	142	55	47	† 2	81	13	15	† 28	13	† 12
40-49.....	7.2	128	47	39	† 1	79	20	16	13	16	† 14
50-59.....	5.1	162	65	51	† 1	95	19	26	21	19	† 10
60-69.....	3.9	176	66	51	† 1	108	21	24	26	24	† 14
70 and over.....	5.1	182	71	58	† 2	109	21	26	† 21	31	† 10
20 and over.....	36.8	153	64	53	1	87	18	19	19	18	14
All individuals.....	100.0	162	68	59	1	92	18	16	15	18	26

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 9.4.--Milk and milk products: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
		<i>Percent</i>	<i>Grams</i>							
Males and females:										
Under 1.....	1.1	719	712	† 52	† 38	† 14	0	† 1	† 7	† *
1-2.....	3.0	489	467	435	280	142	† 8	12	12	10
3-5.....	4.7	388	352	321	147	142	† 29	8	23	12
5 and under.....	8.8	465	437	325	178	125	† 18	8	17	10
Males:										
6-11.....	4.6	450	397	324	115	176	† 24	† 5	41	10
12-19.....	5.9	393	345	289	86	147	49	† 5	22	22
20-29.....	7.2	226	178	158	45	77	† 36	† 7	21	22
30-39.....	8.1	241	185	164	65	66	32	† 8	25	24
40-49.....	7.0	214	164	146	34	71	36	† 9	27	17
50-59.....	4.7	234	175	162	34	88	38	† 5	38	14
60-69.....	3.4	242	184	168	49	67	50	† 5	35	18
70 and over.....	3.4	251	187	170	48	74	47	† 1	38	† 18
20 and over.....	33.9	232	178	160	47	73	38	7	29	19
Females:										
6-11.....	4.4	377	340	293	124	133	† 19	† *	26	9
12-19.....	5.6	242	193	162	58	80	23	† 2	27	15
20-29.....	6.9	180	147	125	45	44	35	† 8	14	17
30-39.....	8.6	195	152	121	36	59	25	13	19	18
40-49.....	7.2	164	125	110	32	53	25	11	16	16
50-59.....	5.1	201	155	113	† 10	45	56	18	28	13
60-69.....	3.9	192	152	128	† 25	47	48	14	20	12
70 and over.....	5.1	216	175	154	30	70	52	† 13	29	9
20 and over.....	36.8	190	149	124	31	53	37	13	20	15
All individuals.....	100.0	263	218	182	62	83	34	8	24	16

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 9.5.--Meat, poultry, and fish: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	<i>Percent</i>	<i>----- Grams -----</i>									
Males and females:											
Under 1.....	1.1	28	† 1	† *	0	0	† 1	† 4	† 3	† 1	22
1-2.....	3.0	90	6	4	† *	0	13	15	14	2	50
3-5.....	4.7	104	11	5	† *	† *	19	19	18	5	45
5 and under.....	8.8	90	8	4	† *	† *	14	16	14	4	43
Males:											
6-11.....	4.6	166	19	7	† *	0	19	23	22	† 5	91
12-19.....	5.9	258	31	† 14	† *	0	35	28	27	† 6	138
20-29.....	7.2	271	38	11	† *	0	24	36	25	9	146
30-39.....	8.1	284	38	15	† 3	† *	33	27	25	17	148
40-49.....	7.0	268	40	9	† 1	† *	34	34	31	18	126
50-59.....	4.7	244	35	15	† 2	† 1	28	21	16	23	114
60-69.....	3.4	215	25	14	† 2	† *	23	21	17	19	106
70 and over.....	3.4	184	18	18	† 1	† 1	21	17	16	12	91
20 and over.....	33.9	255	35	13	† 2	† *	28	28	23	16	128
Females:											
6-11.....	4.4	141	† 19	† 6	† *	† *	17	22	20	† 5	70
12-19.....	5.6	155	17	4	0	0	17	24	23	† 6	84
20-29.....	6.9	162	16	7	† *	† *	14	18	17	7	100
30-39.....	8.6	169	17	10	† *	0	18	22	20	9	88
40-49.....	7.2	154	16	9	† 2	0	13	20	16	10	81
50-59.....	5.1	186	14	14	† 1	† *	13	22	17	† 20	98
60-69.....	3.9	159	14	11	† 1	0	18	18	15	12	81
70 and over.....	5.1	141	15	12	† *	† 1	12	20	19	13	67
20 and over.....	36.8	162	15	10	† 1	† *	15	20	18	11	87
All individuals.....	100.0	192	23	10	1	† *	21	23	20	11	99

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 9.6.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	<i>Percent</i>	<i>----- Grams -----</i>								
Males and females:										
Under 1.....	1.1	† 5	186	† *	† *	† *	0	† 1	† *	0
1-2.....	3.0	15	11	3	3	2	1	17	*	4
3-5.....	4.7	12	10	4	4	2	2	42	1	10
5 and under.....	8.8	12	33	3	3	2	1	28	1	7
Males:										
6-11.....	4.6	9	14	4	7	3	5	36	1	11
12-19.....	5.9	24	13	5	11	3	8	29	1	11
20-29.....	7.2	36	33	† 3	15	3	10	24	4	11
30-39.....	8.1	21	39	5	15	4	10	21	5	† 8
40-49.....	7.0	20	36	3	18	5	9	25	5	† 8
50-59.....	4.7	24	40	5	19	5	10	25	6	† 4
60-69.....	3.4	27	43	3	18	5	11	26	5	6
70 and over.....	3.4	21	37	4	18	5	9	17	3	† 2
20 and over.....	33.9	25	37	4	17	4	10	23	5	7
Females:										
6-11.....	4.4	8	† 14	3	7	2	4	47	1	13
12-19.....	5.6	10	9	2	12	2	9	27	† 1	12
20-29.....	6.9	19	31	† 1	14	3	9	26	† 4	† 6
30-39.....	8.6	13	29	† 3	16	4	9	22	5	5
40-49.....	7.2	17	20	† 2	17	3	12	18	3	6
50-59.....	5.1	14	24	† 2	18	3	12	23	4	7
60-69.....	3.9	18	† 27	2	15	4	9	18	3	2
70 and over.....	5.1	17	† 21	† 3	14	5	7	21	2	† 3
20 and over.....	36.8	16	25	2	16	4	10	21	4	5
All individuals.....	100.0	18	28	3	14	4	8	25	3	7

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 9.7.--Beverages: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent</i>		<i>Grams</i>												
Males and females:														
Under 1.....	1.1	† 20	0	0	0	† 20	0	† 2	† 18	† 10	† 7	0	0	0
1-2.....	3.0	142	0	0	0	142	† 1	14	88	71	† 15	39	35	† 4
3-5.....	4.7	275	0	0	0	275	† 1	25	140	133	† 7	109	97	11
5 and under.....	8.8	197	0	0	0	197	† *	18	107	96	10	71	64	7
Males:														
6-11.....	4.6	406	† *	0	0	406	† 3	† 33	144	131	† 11	226	192	† 34
12-19.....	5.9	1,018	† 23	0	† 15	995	† 25	107	257	174	70	606	585	21
20-29.....	7.2	1,404	362	† 14	338	1,042	187	96	143	106	37	615	558	55
30-39.....	8.1	1,445	238	† 7	222	1,207	368	201	84	55	† 29	551	437	114
40-49.....	7.0	1,451	217	† 21	† 184	1,234	485	198	111	91	† 20	441	342	99
50-59.....	4.7	1,275	154	† 13	128	1,121	521	189	58	38	† 16	350	229	121
60-69.....	3.4	1,053	146	† 17	126	907	471	186	31	29	† 2	213	133	81
70 and over.....	3.4	724	50	† 16	† 28	674	432	103	† 37	† 24	† 13	101	† 55	46
20 and over.....	33.9	1,302	220	14	196	1,082	392	165	89	65	23	435	345	89
Females:														
6-11.....	4.4	356	† *	0	0	356	† 2	† 25	124	116	† 8	204	184	20
12-19.....	5.6	621	† 13	† 2	† 10	607	† 27	70	115	91	† 23	396	366	† 26
20-29.....	6.9	963	† 84	† 3	† 74	879	145	113	133	116	† 16	488	375	114
30-39.....	8.6	993	62	8	44	930	275	189	94	89	† 5	372	247	125
40-49.....	7.2	1,015	75	24	44	941	395	160	66	52	† 14	320	179	142
50-59.....	5.1	939	41	† 15	† 22	898	406	207	55	49	† 3	230	137	93
60-69.....	3.9	810	28	† 16	† 7	782	399	160	43	32	† 11	180	96	84
70 and over.....	5.1	616	† 13	† 11	† 2	603	376	106	46	42	† 3	68	49	17
20 and over.....	36.8	913	56	13	37	858	320	157	78	69	9	302	199	102
All individuals.....	100.0	923	97	10	81	826	254	128	102	82	18	342	267	74

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 10.1.--Grain products: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready-to-eat cereals	Rice	Pasta				
		----- Percent ----- Percent -----									
Males and females:											
Under 1.....	1.1	74.4	† 10.3	65.5	† 6.0	† .9	† 2.0	† 6.2	16.5	† 8.0	13.7
1-2.....	3.0	† 98.7	53.5	70.5	46.5	13.5	11.7	27.3	44.9	32.8	41.8
3-5.....	4.7	† 99.4	63.4	66.5	50.1	10.5	9.8	27.1	46.5	39.0	48.1
5 and under.....	8.8	95.9	53.2	67.7	43.2	10.3	9.4	24.4	42.1	32.9	41.5
Males:											
6-11.....	4.6	† 98.2	57.9	56.1	46.8	8.0	7.0	27.4	51.7	32.1	41.6
12-19.....	5.9	† 97.8	64.5	49.8	34.8	11.7	9.3	23.3	44.3	29.1	51.8
20-29.....	7.2	93.7	57.9	35.4	15.9	11.5	9.1	22.4	30.0	27.3	40.1
30-39.....	8.1	93.7	65.9	37.2	22.3	11.5	7.3	23.9	37.9	26.1	35.8
40-49.....	7.0	† 96.3	70.0	45.3	21.1	13.9	11.1	21.6	45.7	22.5	34.5
50-59.....	4.7	† 97.8	72.0	39.1	21.7	12.2	7.2	25.7	40.5	29.3	31.1
60-69.....	3.4	† 97.9	79.7	51.7	29.6	11.2	7.5	23.6	38.1	23.3	24.1
70 and over.....	3.4	† 97.6	79.1	58.8	38.9	† 4.8	† 4.7	20.7	52.9	25.6	20.2
20 and over.....	33.9	95.6	68.6	42.4	23.0	11.4	8.2	23.0	39.7	25.7	33.1
Females:											
6-11.....	4.4	† 99.4	65.8	59.5	43.6	8.6	9.2	26.9	51.7	35.8	43.7
12-19.....	5.6	† 97.4	62.8	47.4	30.1	8.4	10.1	19.1	40.7	25.6	44.3
20-29.....	6.9	† 97.3	62.8	41.6	25.1	10.5	6.8	19.5	39.6	26.8	42.5
30-39.....	8.6	95.4	64.1	38.2	23.1	8.2	9.4	23.4	37.8	31.1	38.6
40-49.....	7.2	† 97.0	69.4	43.3	21.0	15.1	8.3	20.4	40.6	26.7	32.4
50-59.....	5.1	† 98.3	70.7	39.7	18.6	11.6	6.9	26.6	37.6	24.5	28.9
60-69.....	3.9	† 97.2	73.0	42.5	24.6	8.3	8.5	20.1	42.8	27.2	20.2
70 and over.....	5.1	† 98.3	75.2	52.6	31.8	† 4.5	† 3.0	25.9	52.9	20.4	17.4
20 and over.....	36.8	97.1	68.3	42.5	23.8	10.0	7.4	22.5	41.3	26.6	31.9
All individuals.....	100.0	96.7	65.9	46.8	28.2	10.3	8.2	23.1	41.9	27.6	36.0

† See "Statistical notes," appendix B.
Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 10.2.--Vegetables: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
		<i>Percent</i>		<i>Percent</i>							
Males and females:											
Under 1.....	1.1	52.7	13.9	† 5.2	† 3.6	20.8	† 6	† 0.0	15.5	† 9.4	14.4
1-2.....	3.0	74.4	40.5	25.1	7.0	11.7	26.2	5.8	11.0	17.6	20.1
3-5.....	4.7	73.3	46.5	34.2	6.2	9.9	33.2	9.2	7.5	14.2	22.4
5 and under.....	8.8	71.0	40.3	27.4	6.2	11.9	26.6	6.9	9.7	14.7	20.6
Males:											
6-11.....	4.6	76.8	51.6	38.7	8.2	7.9	34.2	15.2	7.6	16.4	26.6
12-19.....	5.9	80.8	48.9	35.8	† 2.1	9.4	45.7	27.9	† 3.7	6.1	33.2
20-29.....	7.2	82.6	50.4	36.8	7.0	6.8	47.3	24.0	† 3.4	7.0	38.1
30-39.....	8.1	87.9	50.1	34.2	9.9	10.7	42.7	26.4	6.3	10.9	52.7
40-49.....	7.0	86.9	46.2	29.1	8.6	13.9	39.7	27.5	7.5	15.5	52.1
50-59.....	4.7	90.8	47.5	25.2	11.6	15.9	46.6	32.3	6.7	17.3	48.9
60-69.....	3.4	85.1	43.0	18.9	16.2	20.3	43.9	29.4	8.8	12.3	52.8
70 and over.....	3.4	83.8	46.9	13.8	13.1	18.6	36.1	27.3	12.2	16.6	50.1
20 and over.....	33.9	86.3	48.0	28.8	10.2	13.0	43.0	27.3	6.8	12.6	48.7
Females:											
6-11.....	4.4	83.7	54.5	43.6	† 3.9	14.1	35.6	17.7	6.5	16.9	30.5
12-19.....	5.6	84.0	49.6	41.7	14.1	13.1	41.6	30.6	† 3.2	5.4	38.4
20-29.....	6.9	79.6	41.4	25.8	8.0	11.3	42.7	25.3	5.9	5.3	41.3
30-39.....	8.6	85.3	47.1	26.6	13.4	15.7	39.7	31.0	4.5	12.3	46.3
40-49.....	7.2	82.1	40.1	23.1	12.0	16.7	37.7	33.5	6.2	10.7	43.3
50-59.....	5.1	82.5	40.3	20.1	14.9	15.6	42.9	32.2	8.2	10.1	48.1
60-69.....	3.9	82.3	36.8	14.9	13.9	14.4	41.0	29.7	9.8	9.2	50.0
70 and over.....	5.1	85.7	41.7	15.5	11.8	10.7	38.8	25.0	8.7	15.5	51.6
20 and over.....	36.8	82.9	41.9	22.1	12.2	14.2	40.3	29.6	6.8	10.5	46.2
All individuals.....	100.0	82.7	45.6	28.5	9.9	13.0	39.9	25.6	6.7	11.6	42.0

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 10.3.--Fruits: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	<i>Percent</i>										
<i>-----</i>						<i>-----</i>					
Males and females:											
Under 1.....	1.1	63.4	† 1.9	† .5	† 0.0	62.9	19.5	11.8	† 1.6	39.7	32.2
1-2.....	3.0	79.4	28.8	21.8	5.4	68.0	23.2	22.8	7.8	23.4	40.3
3-5.....	4.7	65.7	26.3	21.2	3.9	54.8	17.7	13.7	6.3	16.9	26.2
5 and under.....	8.8	70.1	24.0	18.7	3.9	60.3	19.8	16.6	6.2	22.0	31.7
Males:											
6-11.....	4.6	47.5	18.5	16.1	† .4	39.8	18.0	7.0	6.5	11.8	9.5
12-19.....	5.9	42.1	23.6	18.3	† 1.1	26.3	7.6	5.6	5.0	8.9	7.4
20-29.....	7.2	39.0	21.2	19.4	† .5	25.1	6.4	7.9	4.7	9.0	† 3.0
30-39.....	8.1	36.9	20.3	16.9	† 1.2	21.9	5.1	8.8	4.9	7.5	3.7
40-49.....	7.0	47.6	25.3	19.4	† 1.8	31.9	10.4	12.0	6.0	11.5	5.6
50-59.....	4.7	56.5	31.2	23.6	† 2.3	42.5	13.7	20.5	7.3	13.2	5.9
60-69.....	3.4	64.8	34.1	25.7	4.7	49.6	15.1	25.8	11.0	14.5	4.6
70 and over.....	3.4	67.3	34.7	28.5	6.9	53.5	19.9	28.2	13.3	20.8	5.5
20 and over.....	33.9	48.2	25.9	20.9	2.2	33.5	10.2	14.6	6.9	11.5	4.5
Females:											
6-11.....	4.4	62.0	25.5	18.2	† 1.2	47.5	15.7	7.2	6.6	19.5	14.7
12-19.....	5.6	44.6	23.6	19.5	† 1.3	29.9	11.3	6.0	5.5	9.2	9.3
20-29.....	6.9	47.6	28.5	21.6	† .8	31.6	10.1	11.5	4.5	10.0	6.2
30-39.....	8.6	47.6	20.9	16.2	† 3.5	34.2	9.1	13.7	10.5	11.7	4.2
40-49.....	7.2	49.6	22.6	16.2	† 1.2	37.8	12.3	13.1	9.7	12.6	5.4
50-59.....	5.1	61.5	33.5	23.5	† 3.1	48.4	14.9	20.6	11.5	13.9	† 3.2
60-69.....	3.9	66.1	32.7	22.5	† 4.3	52.2	15.5	24.4	14.8	18.1	5.3
70 and over.....	5.1	69.9	36.7	29.3	† 5.8	56.6	12.7	25.6	9.0	22.3	† 5.6
20 and over.....	36.8	55.0	27.8	20.7	2.9	41.4	11.9	16.9	9.6	14.0	5.0
All individuals.....	100.0	52.6	25.8	20.1	2.4	39.1	12.2	13.9	7.6	13.4	8.2

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 10.4.--Milk and milk products: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese	
			Total	Fluid milk				Yogurt			
				Total	Whole	Low fat	Skim				
		<i>Percent</i>		<i>Percent</i>							
Males and females:											
Under 1.....	1.1	82.9	82.9	† 8.6	† 4.8	† 1.3	† 0.0	† 1.0	13.7	† 4.8	
1-2.....	3.0	95.3	91.6	87.3	54.8	32.0	† 2.6	8.8	13.0	32.0	
3-5.....	4.7	92.9	85.6	82.5	40.8	39.4	6.8	5.4	21.8	35.4	
5 and under.....	8.8	92.4	87.3	74.6	40.9	32.0	4.5	6.0	17.8	30.3	
Males:											
6-11.....	4.6	90.1	80.6	75.5	28.5	43.4	8.0	† 2.6	29.1	28.0	
12-19.....	5.9	82.1	67.4	61.0	20.9	30.5	10.7	† 2.2	12.8	40.8	
20-29.....	7.2	70.1	44.0	40.0	12.9	19.5	8.4	3.8	10.3	36.8	
30-39.....	8.1	73.8	50.7	46.7	18.7	20.3	7.7	3.3	14.0	40.8	
40-49.....	7.0	71.7	50.4	47.4	14.8	20.2	12.5	4.2	12.2	30.9	
50-59.....	4.7	73.0	52.6	50.3	11.0	26.7	12.6	† 2.0	18.8	28.5	
60-69.....	3.4	79.6	64.9	61.7	16.5	28.0	17.2	† 2.3	20.9	29.9	
70 and over.....	3.4	84.1	69.0	66.9	21.3	29.4	20.2	† .8	27.3	28.0	
20 and over.....	33.9	74.1	52.7	49.5	15.6	22.7	11.7	3.1	15.5	33.8	
Females:											
6-11.....	4.4	89.4	84.1	78.3	37.5	37.5	6.5	† .9	20.3	23.8	
12-19.....	5.6	74.9	49.8	45.5	17.3	21.4	8.2	† 1.3	15.0	38.5	
20-29.....	6.9	71.5	50.6	45.8	17.2	16.8	12.4	† 2.9	9.1	33.2	
30-39.....	8.6	76.9	54.0	49.7	15.6	23.1	10.7	7.2	13.9	39.0	
40-49.....	7.2	75.3	50.3	46.8	14.8	22.1	11.7	5.6	11.9	38.4	
50-59.....	5.1	79.1	59.3	50.5	8.7	21.4	19.7	9.2	19.8	27.2	
60-69.....	3.9	76.1	56.6	53.6	11.5	21.4	21.5	5.6	16.7	29.3	
70 and over.....	5.1	83.0	66.6	63.2	16.4	30.8	17.5	† 4.9	22.4	19.8	
20 and over.....	36.8	76.6	55.4	50.8	14.5	22.4	14.5	5.9	14.9	32.5	
All individuals.....	100.0	78.6	60.1	55.1	19.4	25.4	11.5	4.1	16.1	33.0	

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 10.5.--Meat, poultry, and fish: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	<i>Percent</i>										
<i>----- Percent -----</i>											
Males and females:											
Under 1.....	1.1	29.9	† 1.7	† 1.7	† 0.0	† 0.0	† 3.2	† 6.2	† 5.4	† 2.6	18.6
1-2.....	3.0	80.2	12.5	7.4	† .9	† 0.0	27.1	24.5	22.1	5.1	37.2
3-5.....	4.7	85.5	15.8	13.0	† 1.2	† .1	33.5	26.5	24.9	6.9	30.1
5 and under.....	8.8	76.5	12.8	9.6	† 1.0	† .1	27.4	23.2	21.5	5.7	31.0
Males:											
6-11.....	4.6	84.3	21.5	12.6	† .6	† 0.0	28.5	20.0	18.9	† 3.0	40.0
12-19.....	5.9	87.8	25.9	15.5	† .6	† 0.0	39.9	19.6	18.6	4.5	38.0
20-29.....	7.2	89.6	23.4	16.1	† .9	† 0.0	27.9	23.4	17.9	7.6	39.8
30-39.....	8.1	90.6	26.1	17.2	† 1.3	† .1	32.3	18.1	15.4	10.1	42.9
40-49.....	7.0	88.9	28.7	16.3	† .4	† .3	33.7	22.5	19.4	10.1	39.4
50-59.....	4.7	91.3	24.1	20.8	† 1.1	† .7	33.6	17.7	13.0	16.3	34.7
60-69.....	3.4	90.8	23.0	18.3	† 1.6	† .4	34.6	19.6	15.3	12.9	37.7
70 and over.....	3.4	92.1	20.8	27.1	† 1.6	† .4	34.1	18.2	16.7	11.5	34.0
20 and over.....	33.9	90.3	25.0	18.4	1.0	† .3	32.3	20.2	16.6	10.9	39.0
Females:											
6-11.....	4.4	84.3	14.8	9.3	† .2	† .3	27.2	26.5	23.8	5.9	37.1
12-19.....	5.6	81.1	19.4	11.0	† 0.0	† 0.0	26.4	25.0	22.8	5.0	34.5
20-29.....	6.9	77.7	14.8	11.2	† .3	† .3	22.7	18.7	17.8	6.5	39.7
30-39.....	8.6	83.9	15.6	15.9	† .4	† 0.0	29.8	22.3	19.5	6.7	38.1
40-49.....	7.2	86.4	15.9	19.8	† 1.1	† 0.0	23.1	22.6	17.9	10.1	34.7
50-59.....	5.1	86.1	14.6	17.8	† 1.2	† .9	20.7	25.9	19.5	12.3	39.2
60-69.....	3.9	87.1	16.7	14.3	† 1.8	† 0.0	29.0	20.7	18.5	11.0	34.9
70 and over.....	5.1	87.9	18.6	26.4	† .5	† .9	20.6	23.2	21.4	11.1	27.8
20 and over.....	36.8	84.4	15.9	17.3	.8	† .3	24.6	22.1	19.0	9.2	36.1
All individuals.....	100.0	85.7	19.7	16.0	.8	.2	28.7	21.7	18.8	8.5	36.9

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 10.6.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	<i>Percent</i>	<i>----- Percent -----</i>								
Males and females:										
Under 1.....	1.1	† 9.4	19.7	† 1.8	† 5.3	† 5.3	† 0.0	† 9.5	† 1.3	† 0.0
1-2.....	3.0	25.5	10.2	15.9	35.0	26.4	10.8	45.7	10.6	14.7
3-5.....	4.7	17.3	7.8	19.5	37.6	25.8	16.2	62.6	14.0	26.9
5 and under.....	8.8	19.1	10.2	16.0	32.5	23.3	12.3	50.0	11.2	19.3
Males:										
6-11.....	4.6	11.2	10.1	11.4	45.2	29.4	23.4	55.0	12.2	28.0
12-19.....	5.9	16.7	11.8	8.8	40.6	16.4	29.2	43.3	9.0	21.4
20-29.....	7.2	21.8	13.7	6.9	46.6	17.8	32.3	39.4	19.1	16.1
30-39.....	8.1	20.1	17.5	7.5	56.4	24.7	31.9	49.3	32.4	12.2
40-49.....	7.0	21.9	15.6	6.5	60.8	32.3	31.7	53.8	36.9	10.2
50-59.....	4.7	24.4	16.0	11.9	60.0	36.7	32.6	56.8	42.3	8.4
60-69.....	3.4	26.2	19.0	8.4	69.9	39.8	39.0	62.7	44.7	13.6
70 and over.....	3.4	27.6	16.3	12.0	68.0	48.3	34.7	62.1	41.3	7.0
20 and over.....	33.9	22.8	16.1	8.3	58.3	30.4	33.0	51.8	34.0	11.7
Females:										
6-11.....	4.4	11.0	12.5	17.7	44.3	28.9	18.8	63.3	11.0	26.7
12-19.....	5.6	11.6	9.6	7.1	49.3	24.4	33.1	45.2	11.1	26.7
20-29.....	6.9	18.1	18.6	5.4	48.9	29.2	26.3	43.9	26.1	11.3
30-39.....	8.6	16.2	16.9	8.6	59.8	29.6	32.3	55.6	36.9	13.3
40-49.....	7.2	21.1	16.4	5.7	63.6	34.1	38.7	52.2	36.0	13.9
50-59.....	5.1	16.0	16.1	6.2	66.9	33.5	40.1	66.5	45.0	13.5
60-69.....	3.9	26.3	15.3	8.6	65.0	37.9	37.0	55.9	38.9	7.9
70 and over.....	5.1	21.4	10.9	9.3	63.6	42.3	29.8	54.9	29.8	10.6
20 and over.....	36.8	19.3	16.0	7.2	60.6	33.6	33.7	54.2	35.1	12.1
All individuals.....	100.0	19.1	14.5	9.1	54.1	29.7	30.1	52.3	27.6	15.4

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 10.7.--Beverages: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1996

Sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic										
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks				
									Total	Regular	Low calorie	Total	Regular	Low calorie		
		----- Percent ----- Percent -----														
Males and females:																
Under 1.....	1.1	† 8.0	† 0.0	† 0.0	† 0.0	† 8.0	† 0.0	† .7	† 7.3	† 4.3	† 2.4	† 0.0	† 0.0	† 0.0		
1-2.....	3.0	49.5	† 0.0	† 0.0	† 0.0	49.5	† .2	7.9	31.4	26.2	4.0	19.5	17.9	† 1.8		
3-5.....	4.7	70.7	† 0.0	† 0.0	† 0.0	70.7	† .9	8.2	40.4	38.3	2.8	36.1	32.2	4.0		
5 and under.....	8.8	55.4	† 0.0	† 0.0	† 0.0	55.4	† .6	7.1	33.1	29.8	3.2	25.9	23.2	2.7		
Males:																
6-11.....	4.6	71.8	† .5	† 0.0	† 0.0	71.8	† 1.5	7.4	36.1	32.9	† 3.9	46.0	41.7	6.1		
12-19.....	5.9	86.4	† 3.8	† 0.0	† 2.4	85.9	5.4	16.6	32.1	23.0	9.1	67.2	64.5	4.3		
20-29.....	7.2	90.3	24.9	† 2.5	21.5	85.8	24.9	16.0	19.3	16.0	3.6	67.8	63.0	6.8		
30-39.....	8.1	92.8	22.4	† 2.6	18.2	91.1	49.2	24.9	14.2	10.8	3.4	63.2	52.8	13.0		
40-49.....	7.0	95.0	26.0	7.5	15.8	92.7	63.0	25.1	18.5	14.9	† 3.8	54.2	42.0	14.9		
50-59.....	4.7	95.3	22.2	4.6	14.9	94.1	67.1	31.6	12.2	8.7	† 2.4	51.1	34.8	18.2		
60-69.....	3.4	† 97.5	18.9	7.7	9.7	† 96.8	74.7	30.0	9.2	8.4	† .9	38.5	24.6	15.3		
70 and over.....	3.4	91.8	14.6	7.1	† 3.6	89.7	77.1	23.8	11.3	9.6	† 2.7	22.4	12.7	9.7		
20 and over.....	33.9	93.5	22.5	4.8	15.6	91.2	54.8	24.4	15.1	12.1	3.1	54.1	43.3	12.7		
Females:																
6-11.....	4.4	69.4	† .5	† 0.0	† 0.0	69.4	† 1.3	7.7	32.2	30.3	† 1.9	45.2	41.2	6.3		
12-19.....	5.6	86.7	† 1.7	† .5	† 1.1	86.7	4.9	17.1	25.5	21.3	† 4.1	62.8	58.0	5.9		
20-29.....	6.9	88.9	10.7	† 1.2	7.4	87.0	26.2	23.5	22.4	18.4	† 3.5	64.3	52.9	14.1		
30-39.....	8.6	88.5	14.0	4.0	7.0	87.9	43.9	27.6	19.9	18.0	† 1.9	55.0	39.6	18.9		
40-49.....	7.2	93.8	15.9	7.9	6.8	93.4	60.1	30.4	15.0	13.0	† 2.2	57.0	35.1	24.3		
50-59.....	5.1	92.9	11.5	5.1	† 2.5	91.9	63.3	37.9	13.4	11.2	† 1.0	44.2	28.7	18.9		
60-69.....	3.9	† 95.8	12.8	6.5	† 1.9	94.4	74.9	31.9	12.1	9.2	† 2.9	40.2	20.9	19.9		
70 and over.....	5.1	87.5	† 5.7	† 5.2	† .5	87.5	71.6	21.8	13.7	12.3	† 1.4	19.5	11.3	7.3		
20 and over.....	36.8	90.9	12.1	4.8	5.0	90.0	53.6	28.5	16.8	14.5	2.2	49.2	33.8	17.6		
All individuals.....	100.0	86.3	12.4	3.4	7.3	85.2	39.0	22.0	20.6	17.5	3.1	50.3	39.9	12.2		

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 11.--Weight Status: Percentages of overweight individuals 20 years of age and older in the United States, by sex and age, 1996

Sex and age (years)	Percentage of population	Overweight
	<i>Percent</i>	<i>----- Percent -----</i>
Males:		
20-29.....	7.2	24.2
30-39.....	8.1	28.6
40-49.....	7.0	38.6
50-59.....	4.7	45.1
60-69.....	3.4	43.3
70 and over.....	3.4	18.7
20 and over.....	33.9	32.5
Females:		
20-29.....	6.9	24.7
30-39.....	8.6	27.2
40-49.....	7.2	35.2
50-59.....	5.1	38.7
60-69.....	3.9	41.0
70 and over.....	5.1	36.3
20 and over.....	36.8	32.8
All 20 and over.....	70.7	32.7

Excludes pregnant women.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 12.--Physical activity: Frequency of vigorous exercise among individuals 20 years of age and older, by sex and age, 1996

Sex and age (years)	Percentage of population	Daily	5 - 6 times per week	2 - 4 times per week	Once a week	1 - 3 times per month	Rarely	Don't know	Not ascertained
	<i>Percent</i>	<i>----- Percent -----</i>							
Males:									
20-29.....	7.2	27.8	9.7	27.1	9.2	6.8	19.1	† 0.0	.3
30-39.....	8.1	23.3	8.1	31.4	7.9	7.0	22.0	† .0	.4
40-49.....	7.0	19.9	1.0	24.7	9.5	6.5	29.2	† .0	.2
50-59.....	4.7	26.5	6.9	23.7	8.0	† 2.8	31.3	† .0	.9
60-69.....	3.4	29.3	5.6	14.2	4.6	† 3.5	42.0	† .0	.7
70 and over.....	3.4	23.7	6.1	13.0	† 3.1	† 4.0	49.1	† .0	.9
20 and over.....	33.9	24.6	8.2	24.4	7.7	5.6	28.9	† .0	.5
Females:									
20-29.....	6.9	12.1	7.0	25.6	10.2	8.4	36.0	† .0	.7
30-39.....	8.6	15.4	5.4	23.6	10.1	8.0	37.5	† .0	.0
40-49.....	7.2	9.2	7.6	29.8	8.8	7.2	37.2	† .0	.3
50-59.....	5.1	14.9	7.8	24.0	7.9	4.6	39.4	† .0	1.3
60-69.....	3.9	18.5	4.9	18.4	5.4	† 3.2	49.3	† .0	.3
70 and over.....	5.1	9.8	† 3.6	11.0	† 3.9	† 2.7	68.5	† .0	.4
20 and over.....	36.8	13.1	6.2	23.0	8.2	6.2	43.0	† .0	.5
All 20 and over.....	70.7	18.6	7.1	23.7	8.0	5.9	36.2	† .0	.5

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Table 13.--Perceived diet quality: Self-assessment of nutrient intake among individuals 20 years of age and older, by sex, 1996

Nutrient	Too low	Too high	About right	Don't know	Not ascertained
----- Percent -----					
Men: (N = 1,008)					
Calories.....	5.0	38.1	54.4	2.1	.3
Calcium.....	26.3	4.7	61.7	7.2	*
Iron.....	22.6	3.2	65.3	8.9	0.0
Vitamin C.....	28.0	4.2	64.4	3.4	0.0
Protein.....	10.7	13.9	72.0	3.4	*
Fat.....	6.6	50.1	40.9	2.1	.3
Saturated fat.....	9.3	42.6	40.8	7.3	*
Cholesterol.....	5.8	34.0	54.7	5.5	.1
Salt or sodium.....	10.8	24.4	62.6	1.6	.6
Fiber.....	33.6	3.0	58.6	4.6	.1
Sugar and sweets.....	9.4	36.0	53.6	†.9	0.0
Women: (N = 912)					
Calories.....	6.7	39.9	50.6	2.6	.3
Calcium.....	43.6	1.9	51.5	3.0	0.0
Iron.....	35.2	†1.1	58.1	5.6	.1
Vitamin C.....	30.4	†1.4	65.8	2.4	0.0
Protein.....	16.1	8.4	73.2	2.3	0.0
Fat.....	5.8	48.0	44.9	†1.3	0.0
Saturated fat.....	5.7	36.1	52.5	5.5	.1
Cholesterol.....	5.5	30.7	59.1	4.7	0.0
Salt or sodium.....	9.0	21.9	68.2	†.7	.2
Fiber.....	37.3	1.5	59.1	2.2	0.0
Sugar and sweets.....	6.2	36.2	56.3	†1.1	.1

† See "Statistical notes," appendix B.

SOURCE: USDA Diet and Health Knowledge Survey, 1996;

Table 14.--Perceived importance of dietary guidance, individuals 20 years of age and older, by sex, 1996

Dietary guidance	Very important	Somewhat important	Not too important	Not at all important	Don't know	Not ascertained
----- Percent -----						
Men: (N = 1,008)						
Use salt or sodium only in moderation.....	45.8	29.7	15.4	8.4	†.2	.4
Choose a diet low in saturated fat.....	46.7	33.7	14.0	3.3	2.0	.3
Choose a diet with plenty of fruits and vegetables.....	60.2	28.7	8.6	1.9	†.2	.5
Use sugars only in moderation.....	45.2	39.5	11.2	3.5	†.2	.5
Choose a diet with adequate fiber.....	47.7	34.6	11.8	3.3	1.9	.8
Eat a variety of foods.....	58.3	30.5	8.2	2.5	†.2	.3
Maintain a healthy weight.....	70.7	22.9	3.9	1.9	†.1	.3
Choose a diet low in fat.....	52.3	32.3	12.4	2.6	†.3	.2
Choose a diet low in cholesterol.....	54.5	30.3	11.4	2.6	†1.0	.4
Choose a diet with plenty of breads, cereals, rice and pasta.....	31.2	44.3	20.5	3.1	†.6	.3
Eat at least two servings of dairy products daily.....	30.8	38.7	24.1	5.8	†.4	.3
Women: (N =912)						
Use salt or sodium only in moderation.....	53.1	29.1	13.1	3.6	†.7	.4
Choose a diet low in saturated fat.....	60.1	27.9	7.9	2.1	1.7	.3
Choose a diet with plenty of fruits and vegetables.....	74.7	19.0	4.6	†1.2	†.3	.2
Use sugars only in moderation.....	54.0	35.2	7.7	2.1	†.6	.5
Choose a diet with adequate fiber.....	54.9	32.5	8.4	1.6	2.3	.3
Eat a variety of foods.....	65.9	27.3	5.8	†.6	†.3	.1
Maintain a healthy weight.....	76.0	19.4	3.6	†.5	†.3	.3
Choose a diet low in fat.....	63.3	29.0	5.9	†1.1	†.5	.2
Choose a diet low in cholesterol.....	59.5	29.1	7.2	2.8	†1.0	.3
Choose a diet with plenty of breads, cereals, rice and pasta.....	34.8	41.5	19.3	3.7	†.5	.2
Eat at least two servings of dairy products daily.....	43.1	33.0	18.4	4.1	†1.4	.1

† See "Statistical notes," appendix B.

SOURCE: USDA Diet and Health Knowledge Survey, 1996;

Appendix A. Counts of day-1 and 2-day respondents and population percentages, by sex and age, 1996

Interpreting information in appendix A--

- Appendix A shows unweighted counts of survey respondents in each sex-age group shown in tables 1 through 12, as well as the weighted percentages of the population that they represent. Forty breast-fed children are excluded from these counts and population percentages. Weights are used to account for differential rates of selection and nonresponse, to calibrate the sample to match population characteristics known to be correlated with eating behavior, and to equalize intakes over the 4 quarters of the year and the 7 days of the week.
- Counts of respondents are shown separately for those who provided intake data for day 1 and those who provided intake data for both day 1 and day 2; slight differences exist in the weighted percentages of the population for some sex-age groups because fewer sex-age groups were used in calculating the weighting factors than in reporting results and because of rounding.
- The statistics presented in tables 1 through 14 are based on the data from all appropriate respondents. Fasters (that is, individuals reporting no foods or beverages consumed for the day) were included in the calculations for most tables. However, they were excluded from the calculations for table 4 because nonzero energy intakes are required from each person for the contribution to energy estimates, and fasters are the only individuals reporting zero energy intake. Fasters were also excluded from the contribution to daily nutrient intake estimates presented in tables 6, 7, and 8 because the calculations required nonzero total nutrient intakes for each person. In 1996, two individuals (one female age 20 to 29 years and one female age 40 to 49 years) reported no food or beverages for day 1. In addition, for tables 6, 7, and 8, individuals were excluded from the calculation for a specific nutrient if their total day -1 intake for the nutrient was zero.
- Persons not reporting height or weight were excluded from table 11 because their Body Mass Index (BMI) could not be calculated.

Appendix A. Counts of Day-1 and 2-day respondents and population percentages, by sex and age, 1996

Sex and age (years)	Day-1 count (unweighted)	Day-1 percentage of population (weighted)	2-day count (unweighted)	2-day percentage of population (weighted)
		----- Percent -----		----- Percent -----
Males and females:				
Under 1.....	93	1.1	85	1.1
1-2.....	401	3.0	384	3.0
3-5.....	410	4.7	392	4.7
5 and under.....	904	8.8	861	8.9
Males:				
6-11.....	265	4.6	252	4.6
12-19.....	255	5.9	239	5.8
20-29.....	308	7.2	289	7.3
30-39.....	372	8.1	338	8.0
40-49.....	274	7.0	260	7.1
50-59.....	268	4.7	251	4.7
60-69.....	286	3.4	276	3.4
70 and over.....	196	3.4	186	3.3
20 and over.....	1,704	33.9	1,600	33.8
Females:				
6-11.....	235	4.4	222	4.4
12-19.....	253	5.6	240	5.6
20-29.....	277	6.9	262	7.0
30-39.....	282	8.6	269	8.4
40-49.....	335	7.2	322	7.2
50-59.....	245	5.1	234	5.1
60-69.....	244	3.9	235	4.0
70 and over.....	149	5.1	145	4.9
20 and over.....	1,532	36.8	1,467	36.8
All individuals.....	5,148	100.0	4,881	100.0

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1996.

Appendix B. Statistical notes

Estimates based on small cell sizes may tend to be less statistically reliable than estimates based on larger cell sizes. Cell size refers to the unweighted number of individuals in a given sex-age group or demographic group (see appendix A). The guidelines (listed below) for determining when a cell size is small take into account the average design effect for the survey. The design effect results from the complex sample design and from the procedures used to weight the data. When the design effect is 1.00, its effect on accuracy is negligible; a larger design effect implies a greater effect on variance. The guidelines derive from a policy statement (FASEB/LSRO 1995) that specifies the use of a broadly calculated design effect. In that role we are using a variance inflation factor. Variance inflation factors for the survey data sets used to generate these tables are as follows:

1996 CSFII day 1 -- 1.32
1996 CSFII 2 day -- 1.48
1996 DHKS day 1 -- 1.65

Daggers are used in the tables to flag estimates that may tend to be less statistically reliable than those that are not flagged. The rules used for flagging estimates are listed below, and tables to which each rule applies are identified.

1. An estimated mean is flagged when it is based on a cell size of less than 30 times the average design effect or when its coefficient of variation (CV) is equal to or greater than 30 percent. The CV is the ratio of the estimated standard error of the mean to the estimated mean, expressed as a percentage.

Rule 1 has been applied to data in tables 1, 2, 4, 6, 7, 8, and 9.1 through 9.7 to flag estimates that should be used with caution. It applies to mean nutrient intakes, mean food intakes, and means expressed as percentages, such as mean intakes of nutrients expressed as percentages of Recommended Dietary Allowances and percentages of nutrients from foods eaten as snacks.

2. An estimated proportion (percent) that falls above 25 percent and below 75 percent is flagged when it is based on a cell size of less than 30 times the average design effect or when the CV is equal to or greater than 30 percent.
3. An estimated proportion of 25 percent or lower or 75 percent or higher is flagged when the smaller of np and $n(1-p)$ is less than 8 times the average design effect, where "n" is the cell size on which the estimate is based and "p" is the proportion expressed as a fraction.

Rules 2 and 3 have been applied to data in tables 3, 5, 10.1 through 10.7, 11, 12, 13, and 14 and to the second column of tables 6, 7, and 8 to flag estimates that should be used with caution.

Appendix C. Table notes

Table 1. Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1996

- The estimated nutrient intakes presented in the tables are arithmetic means (averages) for the group of individuals identified in the left-hand column. For each nutrient or dietary component identified in the column head, intakes for each individual in a day were totaled, and a group mean was calculated. The nutrient intakes presented in the tables do not include nutrients from vitamin and mineral supplements or plain drinking water. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. The sodium intake does not include sodium from salt added at the table.

Table 2. Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1996

- Nutrient intakes by individuals were expressed as percentages of the RDA, then averaged for the group. "The RDAs provide a safety factor appropriate to each nutrient [except energy] and exceed the actual requirements of most individuals" (FNB/NRC 1989, p. 2). "If a group average intake approximates that of the ... group RDA, some persons within the group are consuming less than the RDA and others more. Except for energy, in which the average requirement of the population group is recommended, the RDAs are intended to be sufficiently generous to encompass the presumed ... variability in requirement among people. Thus, if a population's habitual intake approximates or exceeds the RDA, the probability of deficiency is quite low" (FNB/NRC 1989, p. 21). However, the farther average intakes fall below RDAs, the greater the likelihood that some people have inadequate intakes.

Table 3. Nutrient Intakes: Percentages of individuals with diets meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1996

- "The RDAs provide a safety factor appropriate to each nutrient [except energy], and exceed the actual requirements of most individuals" (FNB/NRC 1989, p.2). Thus, individuals with intakes below the RDA do not necessarily have inadequate intakes. However, as the percentage of the population with intakes below 100 percent of a given RDA increases, so does the likelihood that some individuals in the population are at nutritional risk.
- "Although RDAs are most appropriately applied to groups, a comparison of individual intakes, averaged over a sufficient length of time, to the RDA allows an estimate to be made about the probable risk of deficiency for that individual" (FNB/NRC 1989, p.9). "For most nutrients, RDAs are intended to be average intakes over at least 3 days; for others, (e.g., vitamin A and B-12), they may be averaged over several months" (FNB/NRC 1989, p.20). Estimates in this table are based on 2-day average data.

Table 4. Nutrient Intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, 1996

- The percentage contributions of protein, fat, fatty acids, carbohydrate, and alcohol to food energy intake were calculated by multiplying each individual's intake of protein by 4 kilocalories per gram, fat and fatty acids by 9 kilocalories per gram, carbohydrate by 4 kilocalories per gram, and alcohol by 7 kilocalories per gram.

These values were divided by the individual's total food energy intake and multiplied by 100 to obtain the percentage of an individual's total food energy intake provided by each nutrient. Individual percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage per individual for that group. The general factors 4, 9, 4, and 7 give estimates for a typical mixed diet (Merrill and Watt 1973).

- Five individuals who had no food intake for the day were excluded from the calculations. Percentages may not add to 100 percent because of the use of the general factors cited above.

Table 5. Nutrient Intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by sex and age, 2-day average, 1996

- The 1995 *Dietary Guidelines for Americans* (USDA and DHHS 1995) recommend that people 2 years of age and older choose a diet with no more than 30 percent of calories from total fat, less than 10 percent of calories from saturated fat, and no more than 300 milligrams per day of cholesterol. In addition, the *Healthy People 2000* objectives establish a goal of increasing to at least 50 percent the proportion of people aged 2 and older who meet the average daily goals of no more than 30 percent of calories from fat and less than 10 percent of calories from saturated fat (DHHS/PHS 1995). Please note that although the age groups used in this table are the same as those used throughout the table set, the recommendations are not appropriate for children under 2 years.

Table 6. Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1996

- Each separate time a respondent ate and/or drank was considered to be an "eating occasion." Eating occasions identified by the respondent as "breakfast" are included here.
- Calculations of averages were based on all individuals, not just those who ate breakfast. An individual's intake of each nutrient from breakfast was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by breakfast. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If breakfast contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total day 1 intake of that nutrient was zero.

Table 7. Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1996

- Each separate time a respondent ate and/or drank was considered to be an "eating occasion." The specific wording of the question on which this table is based is, "Looking at this card, please tell me what you would call this occasion?" The answer card shown to the respondent listed the categories "breakfast, brunch, lunch, dinner, supper, *food and/or beverage break (snack, alcoholic beverage, other beverage)*, feeding (infant only), and other (specify)." In this table, "snack" refers to any eating occasion designated by the respondent as a food and/or beverage break, including the snack, alcoholic beverage, and other beverage subcategories.
- Calculations of averages were based on all individuals, not just those who ate snacks. An individual's intake of each nutrient from snacks was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by snacks. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If snacks contributed zero percent of an

individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total day 1 intake of that nutrient was zero.

Table 8. Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1996

- For each food item eaten, the respondent was asked, “Before you ate this particular food, was it ever at your home?” If the answer was “no,” the food was classified as food obtained and eaten away from home (food away from home). Prepared foods obtained away and taken home to be eaten and foods taken from home to be eaten elsewhere were not classified as food obtained and eaten away from home.
- Calculations of averages were based on all individuals, not just those who obtained and ate food away from home. An individual's intake of each nutrient from food away from home was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by such food. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If food obtained and eaten away from home contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total day 1 intake of that nutrient was zero.

Table 9.1 to table 9.7. Food intakes: Mean quantities (in grams) of food from various food groups consumed per individual, by sex and age, 1 day, 1996

- Appendix D lists foods in each food group shown in these tables.
- Quantities exclude inedible parts of foods such as bones, rinds, and seeds.
- Ingredients in mixed dishes are tabulated with the food group of the primary ingredient. For example, cheese in pizza is tabulated under "Grain products" in the subgroup "Mixtures mainly grain." Among foods eaten by adults in 1994, foods tabulated as "Mixtures mainly grain" were 32 percent grain products, 24 percent vegetables, 8 percent milk and milk products, and 8 percent meat, poultry, and fish by weight, and foods tabulated as "mixtures mainly meat, poultry, fish" were 14 percent grain products, 28 percent vegetables, 6 percent milk and milk products, and 34 percent meat, poultry, and fish by weight (unpublished data).
- One ounce (by weight) is equivalent to 28.35 grams.
- Food group quantities represent average intakes of both consumers (users of that food group) and nonconsumers on the survey day. Quantities for consumers alone can be calculated by dividing the average intake of a food group (tables 9.1 to 9.7) by the percentage of individuals using foods from that group (tables 10.1 to 10.7) expressed as a decimal.

Table 10.1 to table 10.7. Food intakes: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1996

- Appendix D lists foods in each food group shown in these tables.

Table 11. Weight status: Percentages of overweight individuals 20 years of age and older, by sex and age, 1996

- For people aged 20 and older, national nutrition objectives for the Year 2000 define overweight as a body mass index (BMI) equal to or greater than 27.8 for men and 27.3 for women, excluding pregnant women (DHHS/PHS 1995). This definition of overweight is based on the 85th percentile of the 1976-80 National Health and Nutrition Examination Survey (NHANES II) reference population age 20 to 29 years. BMI is calculated by dividing weight in kilograms by the square of height in meters.
- Estimates in this table are based on self-reported heights and weights. Persons not reporting height or weight were excluded from the estimates in the table.

Table 12. Physical activity: Frequency of vigorous exercise among individuals 20 years of age and older, by sex and age, 1996

- Vigorous exercise is defined as "enough to work up a sweat." Respondents were asked, "How often do you exercise vigorously enough to work up a sweat?" Answer categories were those listed in table 12.

Table 13. Perceived diet quality: Self-assessment of nutrient intake among individuals 20 years of age and older, by sex, 1996

- Respondents were asked, "Compared to what is healthy, do you think your diet is too low, too high, or about right in (nutrient/food component)?" The nutrients and food components are listed in the left-hand column of table 13.

Table 14. Perceived importance of dietary guidance, individuals 20 years of age and older, by sex, 1996

- Respondents were asked, "To *you personally*, is it very important, somewhat important, not too important, or not at all important to (dietary guidance statement)?" The dietary guidance statements listed in the left-hand column of table 14 are based on the *Dietary Guidelines for Americans* (USDA and DHHS 1990).

Appendix D. Descriptions of food groups used in tables 9.1 to 9.7 and 10.1 to 10.7.

GRAIN PRODUCTS

Total grain products: Includes yeast breads, rolls, cereals, pastas, quick breads, pancakes, French toast, cakes, cookies, pastries, pies, crackers, popcorn, pretzels, corn chips, and mixtures having a grain product as a main ingredient. Excludes grain products that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, noodles in tuna-noodle casserole are tabulated under Meat, Poultry, and Fish. Also, the bread in a grilled cheese sandwich coded as a single item is tabulated under Milk and Milk Products.

Yeast breads and rolls: Includes white, whole-wheat, "wheat," cracked-wheat, rye, pumpernickel, oatmeal, multigrain, and other yeast breads and rolls (excluding sweet rolls), bread stuffing, English muffins, bagels, and croutons.

Total cereals, rice, pasta: Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, unsweetened and sweetened ready-to-eat cereals, baby food cereals, and mixtures of baby cereal and fruit.

Ready-to-eat cereals: Includes unsweetened and sweetened ready-to-eat cereals.

Rice: Includes white, brown, and wild rice.

Pasta: Includes macaroni, noodles, and spaghetti.

Quick breads, pancakes, French toast: Includes biscuits, cornbread, tortillas, muffins, other quick breads, pancakes, waffles, and French toast. Excludes quick-bread-type coffee cakes.

Cakes, cookies, pastries, pies: Includes yeast-type sweet rolls, yeast- and crumb- or quick-bread-type coffee cakes, croissants, cakes, cookies, pies, cobblers, turnovers, danish pastries, doughnuts, breakfast bars and tarts, granola bars, and sweet crackers.

Crackers, popcorn, pretzels, corn chips: Includes nonsweet crackers; grain-based salted and unsalted snacks such as corn chips and tortilla chips, popcorn, and pretzels. Excludes potato chips, which are tabulated under Vegetables in the subgroup "white potatoes."

Mixtures mainly grain: Includes mixtures having a grain product as a main ingredient, such as burritos, tacos, pizza, egg rolls, quiche, spaghetti with sauce, rice and pasta mixtures; frozen meals in which the main course is a grain mixture; noodle and rice soups; and baby-food macaroni and spaghetti mixtures.

VEGETABLES

Total vegetables: Includes white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, green peas, lima beans, other vegetables; mixtures having vegetables as a main ingredient; and vegetable juices. Excludes vegetables that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, potatoes or tomatoes in beef stew are tabulated under Meat, Poultry, and Fish.

White potatoes: Includes baked, boiled, mashed, scalloped, and fried potatoes; potato chips; and mixtures having potatoes as a main ingredient, such as potato salad, stuffed baked potatoes, and potato soup.

Fried potatoes: Includes french-fried, deep-fried, hash brown, and home-fried potatoes; potato skins; and potato chips.

Dark-green vegetables: Includes raw and cooked broccoli and dark-green leafy vegetables such as romaine, collards, mustard and turnip greens, kale, and spinach; mixtures having dark-green vegetables as a main ingredient, such as broccoli with cheese sauce; and baby-food spinach.

Deep-yellow vegetables: Includes raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweet potatoes; mixtures having deep-yellow vegetables as a main ingredient, such as peas and carrots and sweet potato casserole; and baby-food carrots, squash, and sweet potatoes.

Tomatoes: Includes raw and cooked tomatoes; tomato juice; catsup, chili sauce, salsa, and other tomato sauces; and mixtures having tomatoes as a main ingredient, such as tomato-based soups and tomato and corn coded as a single item.

Lettuce, lettuce-based salads: Includes lettuce and mixed salad greens; lettuce salad with assorted vegetables, cheese, or egg; and other lettuce-based salads.

Green beans: Includes raw or cooked green and yellow beans; mixtures having beans as a main ingredient such as beans with tomatoes or onions, bean salad, and beans with cream or mushroom sauce; and baby-food green beans.

Corn, green peas, lima beans: Includes raw or cooked green peas; cooked corn and lima beans; mixtures having corn, green peas, or lima beans as a main ingredient such as creamed corn, corn pudding, peas and onions, or pea soup; and baby-food corn and green peas. Excludes dry lima beans, which are tabulated under Legumes.

Other vegetables: Includes raw and cooked vegetables other than the following: white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, peas, and lima beans and their mixtures. Includes vegetable soups; pickles, olives, and relishes; mixtures having "other" vegetables as a main ingredient; baby-food vegetables and baby-food vegetable mixtures with meat.

FRUITS

Total fruits: Includes citrus fruits and juices, dried fruits, and other fruits; mixtures having fruit as a main ingredient; and fruit juices. Excludes fruits that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, apples in apple pie are tabulated under Grain Products.

Total citrus fruits and juices: Includes oranges and other citrus fruits, mixtures of orange juice and other citrus juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under Beverages.

Citrus juices: Includes fresh, frozen, canned, or bottled grapefruit, lemon, lime, orange, and other citrus juices, either sweetened or unsweetened; mixtures of citrus juices such as grapefruit and orange juice; and baby-food citrus juices. Excludes mixtures of citrus juices with noncitrus juices, which are tabulated under "noncitrus juices and nectars."

Dried fruits: Includes dried apples, apricots, dates, prunes, raisins, and other dried fruits. Excludes juices such as prune juice, which are tabulated under "other fruits, mixtures, and juices."

Total other fruits, mixtures, juices: Includes raw, frozen, cooked, and canned apples, bananas, melons, berries, and other fruits except citrus and dried fruit; mixtures that are mainly noncitrus fruit; noncitrus juices (including prune juice) and nectars; mixtures of citrus and noncitrus juices; and baby-food noncitrus fruits and juices, fruits with tapioca, and fruit desserts. Excludes fruit drinks and ades, which are tabulated under beverages. Excludes frozen fruit juice bars and sorbets, which are tabulated under Total Sugars and Sweets.

Apples: Includes raw and cooked apples, applesauce, and baby-food applesauce.

Bananas: Includes raw and cooked bananas and baby-food bananas. Excludes the starchy vegetables called plantains or "green bananas," which are tabulated under Vegetables in the subgroup "other."

Melons and berries: Includes cantaloupe, honeydew melon, watermelon, blueberries, blackberries, raspberries, strawberries, and cranberries.

Other fruits and mixtures mainly fruit: Includes fruits other than citrus fruits, dried fruit, apples, bananas, melons, and berries; mixtures of noncitrus fruits and mixtures that are mainly noncitrus fruits coded as a single item such as fruit salad with salad dressing, marshmallow, or pudding; and baby-food noncitrus fruits and mixtures having fruit as a main ingredient.

Noncitrus juices and nectars: Includes fruit juices, nectars, and baby-food juices other than citrus; and mixtures of citrus juices with noncitrus juices. Excludes fruit drinks and ades, which are tabulated under Beverages.

MILK AND MILK PRODUCTS

Total milk and milk products: Includes milk and milk drinks, yogurt, milk desserts, and cheese. Fluid and whipped cream, half-and-half, sour cream, and milk sauces and gravies are included in this total but not in any of the following subgroups. Excludes butter and nondairy sweet cream and sour cream substitutes, which are tabulated under Fats and Oils. Excludes milk and milk products that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, cheese on pizza is tabulated under Grain Products.

Total milk, milk drinks, yogurt: Includes fluid milk and yogurt. Flavored milk and milk drinks, meal replacements with milk, milk-based infant formulas, and unreconstituted dry milk and powdered mixtures are included in this total but not in any of the following subgroups.

Total fluid milk: Includes fluid whole, lowfat, skim, and acidophilus milk; buttermilk; reconstituted dry milk; evaporated milk; and sweetened condensed milk.

Whole milk: Includes whole fluid milk, low-sodium whole milk, and reconstituted whole dry milk.

Lowfat milk: Includes lowfat (1 and 2 percent) milk, buttermilk (lowfat and nonfat), acidophilus milk, lowfat lactose-reduced fluid milk, and reconstituted lowfat dry milk.

Skim milk: Includes skim or nonfat fluid milk, lactose-reduced fluid nonfat milk, and reconstituted nonfat dry milk.

Yogurt: Includes plain, flavored, and fruit-variety yogurt. Excludes frozen yogurt, which is tabulated under "milk desserts."

Milk desserts: Includes ice cream, imitation ice cream, ice milk, sherbet, frozen yogurt, and other desserts made with milk, such as pudding, custard, and baby-food pudding.

Cheese: Includes natural hard and soft cheeses, cottage cheese, cream cheese, processed cheese and spreads, imitation cheeses, and mixtures having cheese as a main ingredient, such as cheese dips and cheese sandwiches coded as a single item.

MEAT, POULTRY, AND FISH

Total meat, poultry, and fish: Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Excludes meat, poultry, and fish that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, pepperoni on pizza is tabulated under Grain Products. Meat gravies and unflavored gelatin are included in this total but not in any of the following subgroups.

Beef: Includes all cuts (including ground), corned beef, beef bacon, pastrami, and baby-food beef. Excludes organ meats, frankfurters, sausages, and luncheon meats.

Pork: Includes all cuts (including ground); pickled, smoked, and cured pork; ham; pork roll; bacon; salt pork; pig's feet; and pork rinds. Excludes organ meats and frankfurters, sausages, and luncheon meats.

Lamb, veal, game: Includes lamb, veal, goat, venison, and other game. Excludes organ meats, frankfurters, sausages, and luncheon meats.

Organ meats: Includes liver, tripe, gizzards, and other organ meats.

Frankfurters, sausages, luncheon meats: Includes frankfurters, sausages, and luncheon meats made from beef, pork, ham, veal, game (deer bologna), chicken, and turkey; and baby-food meat sticks.

Total poultry: Includes chicken, turkey, duck, cornish game hen, and baby-food chicken and turkey. Excludes organ meats (giblets), frankfurters, sausages, and luncheon meats.

Chicken: Includes only chicken. Excludes organ meats (giblets).

Fish and shellfish: Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood.

Mixtures mainly meat, poultry, fish: Includes mixtures having meat, poultry, or fish as a main ingredient, such as chicken cacciatore; beef loaf; chili con carne; venison stew; hash; tuna salad; corn dog; chicken soup; frozen meals in which the main course is a meat, poultry, or fish item; meat, poultry, or fish sandwiches coded as a single item (for example, cheeseburger on a bun); and baby-food meat and poultry mixtures.

EGGS; LEGUMES; NUTS AND SEEDS; FATS AND OILS; SUGARS AND SWEETS

Eggs: Includes whole eggs; egg whites; egg yolks; egg substitutes; and mixtures having egg as a main ingredient, such as omelets, egg salad, or egg sandwiches coded as a single item. Excludes eggs that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, eggs in baked goods are tabulated under Grain Products.

Legumes: Includes cooked dry beans, peas, and lentils; mixtures having legumes as a main ingredient, such as baked beans or lentil soup; soybean-derived products, such as soy-based baby formulas, tofu, soy sauce, and soy-based meal replacements; and meat substitutes that are mainly vegetable protein. Excludes peanuts, which are tabulated under Nuts and Seeds. Excludes legumes that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, beans in tacos are tabulated under Grain Products.

Nuts and seeds: Includes unroasted, roasted, and honey-roasted nuts and peanuts; coconut; peanut butter; peanut butter sandwiches coded as a single item; nut mixtures; and unroasted and roasted seeds. Excludes chocolate-covered nuts, which are tabulated under Sugars and Sweets in the subgroup "candy." Excludes nuts and seeds that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, nuts in baked goods are tabulated under Grain Products.

Total fats and oils: Includes table fats; cooking fats; vegetable oils; salad dressings; nondairy cream substitutes; and tartar sauce and other sauces that are mainly fat or oil. Excludes fats and oils that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, fats or oils used to fry chicken are tabulated under Meat, Poultry, or Fish. Also, mayonnaise in cole slaw is tabulated under Vegetables.

Table fats: Includes butter, margarine, imitation margarine, margarine-like spreads, blends of butter with margarine or vegetable oil, and butter replacements.

Salad dressings: Includes regular and reduced- and low-calorie salad dressings and mayonnaise.

Total sugars and sweets: Includes sugar, sugar substitutes, syrups, honey, sweet toppings, frostings, sweet sauces, jellies, jams, preserves, fruit butters, marmalades, gelatin desserts, ices, fruit bars, popsicles, candy (including dietetic sweets), and chewing gum. Excludes sugars that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, sugar in baked goods is tabulated under Grain Products. Also, sugar in carbonated soft drinks is tabulated under Beverages.

Sugars: Includes white sugar, brown sugar, saccharin, aspartame, and other sugar substitutes.

Candy: Includes all types of candy (including dietetic sweets), chocolate-covered nuts, chocolate chips, fruit leather, and chewing gum.

BEVERAGES

Total beverages: Includes alcoholic and nonalcoholic beverages. Excludes plain tap water and noncarbonated bottled water. Excludes beverages that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, wine in beef burgundy is tabulated under Meat, Poultry, and Fish.

Total alcoholic beverages: Includes wine, beer, ale, liqueurs, cocktails, other mixed drinks, and distilled liquors.

Wine: Includes wine; light wine; and mixtures made with wine, such as wine coolers. Excludes nonalcoholic wine, which is tabulated under "nonalcoholic beverages."

Beer and ale: Includes beer, ale, and light ("lite") beer. Excludes "near beer," which is tabulated under "nonalcoholic beverages."

Total nonalcoholic beverages: Includes coffee, tea, fruit drinks and ades, and soft drinks. "Near beer and nonalcoholic wine" are included under this total but not in any of the following subgroups.

Coffee: Includes decaffeinated and regular coffee made from ground or instant coffee, coffee mixes, and coffee substitutes.

Tea: Includes decaffeinated and regular tea obtained ready to drink or made from leaves or from instant tea mixes with or without lemon, sugar, or artificial sweetener; and herb and other teas.

Total fruit drinks and ades: Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and frozen concentrate. Excludes fruit juices, which are tabulated under Fruits, and carbonated fruit drinks, which are tabulated under "carbonated soft drinks."

Regular fruit drinks and ades: Includes all fruit drinks, punches, and ades except low-calorie and low-sugar types.

Low-calorie fruit drinks and ades: Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks: Includes regular and low-calorie carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; carbonated fruit juice drinks; and sweetened and unsweetened carbonated water. Soft drinks not specified as either regular or low calorie are tabulated here but not in either of the following categories.

Regular carbonated soft drinks: Includes all carbonated soft drinks except unsweetened and sugar-free types.

Low-calorie carbonated soft drinks: Includes unsweetened and sugar-free carbonated soft drinks, and unsweetened carbonated water.

Appendix E. References

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